



# VENTURA BREEZE

Your Hometown Paper

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Board members Vince Kinsch, Cat Whitehead and Lindsay Talley showing their support for the recovery program.

## Fundraiser Benefits Shorebird Recovery Program

by Patricia Schallert

On April 29, at the Ventura Coast Brewing Company, The Ventura Audubon Society had a fundraiser called "Raise the Roost party" along with a silent auction.

This fundraiser benefits the Shorebird Recovery Program for the snowy plover and least tern nesting season on Ormond and Hollywood Beaches, which has just begun and continues through September.

Proceeds will support nest monitoring, habitat protection including fencing, signage, trail cameras, plus supplies for volunteers in our community stewardship program and the Volunteer Beach Naturalists. Community members, and Ventura guests came out and were able to purchase a limited-edition logo glass, meet the Shorebird team and participate in the silent auction featuring items from local business. Some folks brought their dogs and took the Dog Rangers pledge! Bidding for the auction started on Friday, April 28th and ran through Sunday, April 30th. For more information, please visit [www.venturaudubon.org](http://www.venturaudubon.org).

Funding is needed for nesting season on Ormond and Hollywood Beaches, which has just begun and continues through September. It will support nest monitoring, habitat protection

**Continued on page 3**

## Take 5 And Read To Kids! campaign kicks off May 5

On May 5, at 10am, celebrity readers will be reading to young children throughout Ventura County to kick off the seventh annual Take 5 and Read to Kids! campaign, an ongoing effort by First 5 Ventura County to raise awareness about the importance of early childhood literacy.

This year's impressive lineup of readers includes Congresswoman Julia Brownley, Assemblymember Jacqui Irwin, Assemblymember Steve Bennett, Supervisor Matt LaVere, Supervisor Jeff Gorell, Supervisor Kelly Long, Supervisor Janice Parvin, Supervisor Vianey Lopez, County Executive Officer Svet Johnson, Ventura County Fire Chief Dustin Gardner, Sheriff James 'Jim' Fryhoff, various City Council Members, and many more.

Take 5 and Read to Kids! encourages parents and caregivers to talk, read, and sing with young children ages 0-5 to support their early language and literacy development. "We know that the first five years of life lay the foundation for success in school and life. For young children, early exposure to books is beneficial for long-term

**Continued on page 8**



Take 5 and Read to Kids! encourages parents and caregivers to talk, read, and sing together.

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# VENTURA BREEZE

Your Hometown Paper

Member, Ventura Chamber of Commerce

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*In Memoriam Breezy Gledhill*

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“The future belongs to those who believe in the beauty of their dreams.”  
– Eleanor Roosevelt

## Does Ventura City Council care about renters?

Opinion by Alex Garcia

Community Organizer with CAUSE

As a community organizer I regularly talk to longtime residents about the countless sacrifices they make year after year to keep up with rising rents. I recently met Maria O. in her home where she has lived for the past 11 years with her husband and 3 kids located on the Avenue. I was shocked to hear that in 2016 the new property owner who bought her building raised everyone's rent \$600 dollars extra per month. When I asked how they were able to cope with such a significant rent increase she said, “the only option was to leave or find a renter to sublease a room in our apartment.” She mentioned that even subletting a room hasn't solved the issue because the rent keeps rising – they just received another rent increase of \$250 earlier this year which has forced them into even harder financial times. To make ends meet they have accrued a lot of credit

card debt, have had to ask relatives for loans, and they've even had to start difficult conversations with their kids about the possibility of moving out of state where housing is cheaper.

There are thousands of families in similar situations because the 10% state rent cap is simply not enough to keep families in their homes. This is why the Ventura City Council needs to make rent stabilization and other tenant protections a priority this year.

Renters have been raising concerns about the housing crisis, rising rents, and unjust evictions for years. In early 2021, tenants brought forward the need for stronger tenant protections, but ultimately city council decided not to take action. In 2022, renters called on the city council to act once again and they decided to push the conversation for another year. Ventura tenants have been holding their breath hoping this year the city would adopt local laws to protect them from unjust evictions and drastic rent increases, but instead the city council remains apathetic and refuses to make this issue a priority this year and plans to delay once again.

Ventura residents need strong and bold leadership like we've seen in Ojai recently. In March, the Ojai City Council listened and acted on the pleas of already displaced tenants and families at the brink

of being priced out due to crushing rent prices by passing an ordinance to provide stability to renters with a 4% annual rent cap and relocation assistance of two months or \$5,000 for no-fault evictions. Ojai council member Andrew Whitman expressed his support for the ordinance explaining that it provides tenants with some security that their rent is not going to continue to rise dramatically, and that stability will help hundreds of residents stay in their home. Mayor Betsy Stix has described this as a moral responsibility to protect the residents of Ojai since housing prices have continued to increase while wages have not. This is the type of leadership that is desperately needed in the City of Ventura.

The Ventura City Council needs to stop making excuses that there isn't enough staff capacity to bring forward these protections. If they really wanted to get it done, they would shift their priorities to reflect the will of the people. In reality there's very little political will in the current council because they are siding with the financial interests of the property owners – in other words they are putting profits over people.

How much more do working families need to suffer before Ventura City Council gets the courage to act on protecting their constituents?

## As I See It by Sheldon Brown

Thousand Oaks has selected Akbar Alikhan, who is currently Ventura's interim city manager, as their city's new deputy city manager. Ventura's department heads roulette continues.

Akbar has worked for the city of Ventura since 2019. In his new post, he'll report to Thousand Oaks City Manager Drew Powers.

Alikhan, who previously was an assistant city manager in Ventura, was named acting city manager on Nov.14 after city manager, Alex McIntyre, was placed on administrative leave and has taken another job.

Ventura is in the process of hiring a permanent city manager. Alikhan had expressed interest in that position previously. I think he would have been an excellent Ventura city manager.

He will be taking a pay cut (but it still ain't bad). His annual salary with Ventura is about \$248,800. He will be starting at \$224,000 in his new position.

Alikhan's exit comes following an extensive shakeup in Ventura's upper management.

On Nov. 28, Ventura Community Development Director Peter Gilli resigned. On Dec. 12, McIntyre was forced out. On Jan. 26, Chief Financial Officer Michael Coon was placed on paid administrative leave.

Lots of Venturans think that our homeless population is very high, but it really isn't. All cities are experiencing a high count. The homeless population in San Diego reached another record high for the 6th month in a row.

Donor Don sent this note with his latest contribution. Thought worth sharing.

“This contribution is on behalf of Sheldon, for his long years of excellent reporting and great sense of humor. Since founding the Breeze and somewhat retired (not quite yet) he continues to bring much needed insight of the community and worthy national news,

much appreciated over many years.

Don Rodrigues”

Thank you Don!

I think the reason that no aliens have landed here is that they haven't been formally invited. I sent the following to NASA who, I'm sure, will be broadcasting this into space.

ALIENS YOU ARE HEREBY INVITED TO A PARTY ON EARTH TO BE HELD ON THE USA WHITE HOUSE MAIN LAWN.

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The Tennessee House GOP expelling of two (or 3) Democrats in retaliation over gun control protest was a very sad day for our democracy, which is being destroyed daily.

Last week National Hairball Awareness Day was celebrated, so I took my cat Savana to lunch to celebrate. After she spit up a hairball of course.

Disney has sued Florida Gov. Ron DeSantis over the Republican's takeover of its theme park district, alleging the governor waged a “targeted campaign of government retaliation” after the company opposed a law critics call “Don't Say Gay.” How incredibly stupid of DeSantis regardless of his reasoning (which is bad enough). The theme park is a great thing to have in your state. The money, tourists and taxes it brings in are tremendous for Florida. Maybe Disney should pick up the park and move it to Ventura. Oh wait, we wouldn't want that would we?

Pope Francis has decided to give women the right to vote (in Vatican affairs) at a meeting of bishops. This is

an historic reform that reflects his hopes to give women greater decision-making ability and laypeople more say in the life of the Catholic Church.

Francis approved changes to the rules governing the Synod of Bishops, a Vatican body that gathers the world's bishops together for periodic meetings, following years of demands by women to have the right to vote.

This could be the start of something big. Perhaps shortly women will be able to vote in our national and local elections.

## Mailbox

Sheldon,

I may have missed this subject in a previous paper. Has our City ever considered helping “the elderly” in these Mobil Home Parks by stopping the insane 10% Rental Space increase every year? Most are on fixed SS income and are slowly being pushed out of their homes?

Greg Gardner

We asked the city to respond.

Greetings from Community Development. I'm the Mobile Home Rent Administrator for the City. As an FYI there are 12 Mobile Home Parks in the City that are covered by our Mobile Home Rental Stabilization Ordinance which caps rent at CPI or 5%. They can be found on our site here:

<https://www.cityofventura.ca.gov/713/Mobile-Home-Rent-Review-Board>

While it doesn't cover every park in town, the majority of our senior manufactured home residents are covered by this ordinance.

We encourage you to send your opinions to [opinions@venturabreeze.com](mailto:opinions@venturabreeze.com). Please limit them to about 300 words



Let me know if you have further questions,  
 Regards,  
 Lee Sherman  
 Management Analyst II  
 Community Development  
 City of Ventura  
 Sheldon,

Thank you so much!  
 But I live in the Magnolia Home Park on the Avenue and considered outside the City.

Yearly rent continues to go up 10% every year - even with inflation.

No one seems to care. Especially the city.  
 Thank you!  
 Greg

editor:

I grew up the daughter of generations of hunters. I was a pretty good shot in my day, deemed best marksman at my summer camp. I named all my dolls "Annie" for Annie Oakley.

Decades later, I join those dismayed by the lack of initiative by responsible leadership in addressing the American epidemic of needless deaths by gun violence. What price are we paying for this distorted

concept of "freedom"?

Guns don't kill people, people kill people. I understand the logic. Let's counter with a slight variation – same notion, different weapon. Cars don't kill people, people driving cars do. We require driver ed, testing, licensing and implementation of the best and latest technology in efforts to successfully save lives. My own 19-year-old life was saved by my car's roll cage and seat belts.

How many precious lives have we failed to save in pandering to gun-rights groups' irrational insistence that gun ownership, concealed carry privileges and more guns make a safer America? Facts convey increases in gun ownership closely match the rise in gun deaths, along with unprecedented profit to gun and ammunition manufacturers and the paid lobbyists who fund "leaders."

We've come to expect oversight and safety in our water supplies, our food sources, our building codes. Let's delete that intentionally triggering phrase gun "control". Let's call it what it is, responsible weapon-safety oversight. The lives we save may be our own and countless lives of our precious children.

Berry Manter



**Fundraiser for Shorebird Recovery**  
 Continued from page 1  
 including fencing, signage, trail

cameras, plus supplies for volunteers in our community stewardship program, the volunteer Beach Naturalists.

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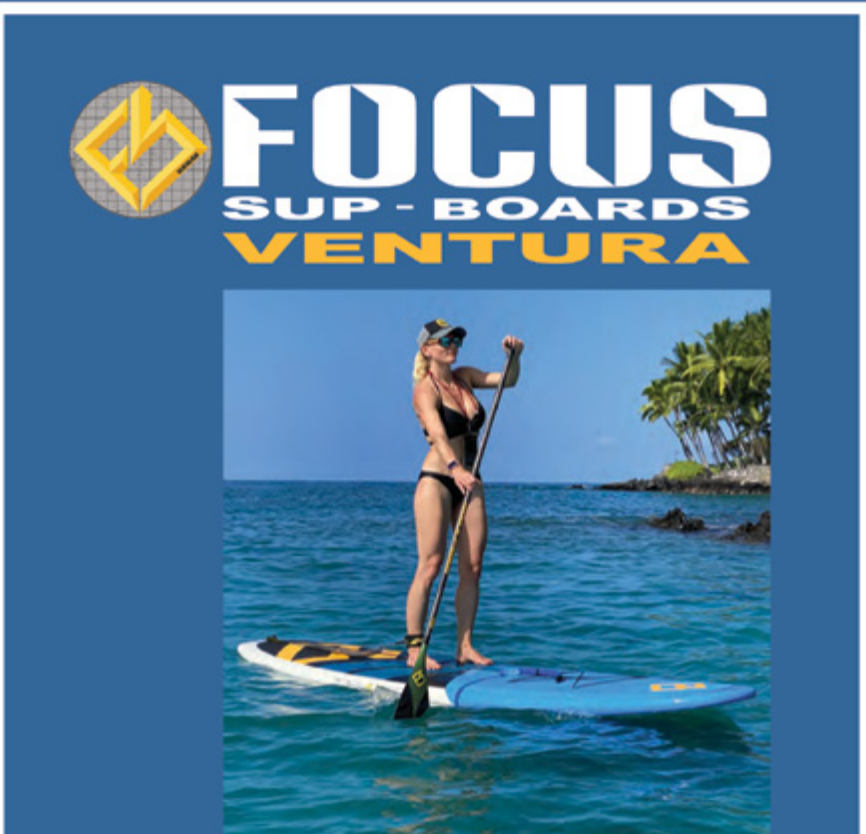
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“It’s amazing what these kids are doing, what they are gaining.”

## It’s HighTide: Ventura Robotics Team win at world competition

by **Rebecca Wicks**

The Ventura-based Robotics Team HighTide 4414 won the biggest and most prestigious high school level international competition earlier this month in Houston. According to FIRST Robotics who put on the event, approximately 3,300 high school level robotics teams competed in more than 1,000 qualifying matches in order to claim one of the 600 coveted spots to contend at “Worlds” as it is affectionately known.

“It’s hard to put in words, it was incredible,” said Aadhya Bavkar, a sophomore at Foothill Tech High School who is on the design build part of the team. “Everything was amplified there which made it stressful but an amazing

opportunity to push us and really learn the full capabilities of what our team can do when we work together.”

HighTide, an independent team from Ventura, took the world title as part of a four-team alliance that moved to the finals after winning their division earlier in the week. The four-day event drew more than 46,000 attendees and teams from 19 countries. This year the team felt more prepared after having placed second in the previous year.

“Last year [at Worlds] was my first time driving in front of such a huge crowd,” said Zach Shew, a junior at El Camino High School, who served as the team’s driver. Shew shared he



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worked to know his strategies in depth and thoroughly prior to each competition. “In the competition I tried to just chill, and not think about it too much and just concentrate on hearing my co-driver and playing my game.”

To prepare, the team meets regularly and builds its robots at Sessa Manufacturing, one of its main sponsors. It begins each year meeting two nights a week in the fall through December. Team members learn and hone their electrical, manufacturing and programming skills and compete in some off season events during this time.

In January, FIRST releases details on the “game” which changes each year. In the timed game the robot works autonomously for the first 15 seconds of the match, and is then in the hands of a driver the second portion of the match. This year the main goal was to pick up and place cones and cubes in different patterns. In previous years, robots had to gather balls and shot them into different marked areas. The team then has six weeks to design, build and program an industrial-sized robot before regional competitions begin. HighTide builds two robots during this time, one for practice and prototyping and the other for competition. The team continues to make improvements to the bot throughout regional play.

HighTide clinched their entry to Worlds early this year by winning the Hueneme Port Regional competition in early March. They continued to dominate with other wins at the Ventura County Regional and Aerospace Valley

Regional competitions.

The team is supported by nine mentors, five of them which live and work locally, four of which assist remotely with the team. Vinny Pecchia, an engineer at the Naval Facilities Engineering and Expeditionary Warfare Center (NAVFAC EXWC) serves as a mentor for the team and is continually impressed with the high school team members’ abilities to design, run CAD changes, machine parts and program and execute 3D printing.

“It’s amazing what these kids are doing, what they are gaining,” said Pecchia who wished he had an opportunity like HighTide when he was in high school. “They are learning how to do everything from cradle to grave; a lot of these kids could have jobs tomorrow with the skills they are learning.”

Jonathan Sessa, who is an engineer, President of Sessa Manufacturing and head coach and mentor of the team describes this year’s team as the most involved and streamlined team he has ever coached.

“I’m super proud of everyone this season. It feels pretty sweet when hard work pays off after so many hours and late nights spent grinding,” said Sessa of the team. “I’m so thankful to everyone involved including all the mentors and alumni [of previous teams] for building an amazing culture and team with me.”

The team hosts its own off season competition called the Tidal Tumble each year in October. The event take place October 20-22, 2023 at the Ventura County Fairgrounds and is open to the public.

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Terra stated " I am thrilled to be a part of Ventura's small business community and I adore the people of Ventura County! I am very proud to offer employment opportunities and I thank my family, friends, and guests for all the support throughout our first year! I really want to build a brand that is consistent and affordable as we welcome the whole family to our barbershop / salon! My goal is to build a talented team that our guests can trust as we encourage same day appointments and walk-ins! I know it's hard to get an appointment most places, especially with busy schedules! -Come check us out, we can't wait to serve you!"

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Terra Aldrich is the owner and operator of Grand Parlor Salon and Shave, LLC located at 1795 S Victoria Ave, Suite 102-B.

Ms. Aldrich, aka "@t\_thebarber68" on Instagram, is a fourth generation Ventura County Native and is licensed in both barbering and cosmetology. Terra acquired her master stylist level skills while serving in the industry for nearly 18 years working in both barbershops and salons. During this time Terra also had the opportunity to observe and learn about what it takes to provide a professional, friendly and convenient, customer service based business.

Terra's professional experiences and personal life goals gave her the vision of starting a woman owned, modern barbershop / salon that would transcend the customer's expectations and would welcome all genders alike, and to build a team of style experts, curating a high-quality experience.

Through this vision and much determination and hard work Grand

## A local minister, Rev. William Gilbert fought injustice

by Richard Senate

He was the rector of St. Paul's Episcopal Church in Ventura but he was much more than a religious leader in the community. He was a fixture in town, always speaking up for the underdog on local radio and newspapers. Anyone who attended his sermons will recall his dry humor and booming voice. He had once been trained as an actor, even appearing in films in that era, before movies could talk.

That was before he received the call to the pulpit. He was serving as a prison chaplain at Walla Walla, Washington State Penitentiary when he learned one of the convicts, Clarence Boggie, confessed he was innocent of the murder of a man that had seen him sentenced to life in prison. He believed the man and took up the cause of reopening the case to see if his account of what happened was

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true. At that time mystery writer Erle Stanley Gardner had written that he was going to start a group to investigate people wrongly convicted of major crimes. He called it the "Count of Last Resort".

Argosy Magazine saw it as a public relations stunt, but Garner believed it could make a real difference. Reverend Gilbert made the long drive from Walla Walla to Temecula where Gardner had his home then. He presented the facts of the Boggie case to the mystery author. The two men became fast friends. Investigators were called in, the new lie detector used, and it was found that Mr. Boggie wasn't even in the same town when the murder took place.

Gardner wrote up the findings in the magazine and the case was reopened, leading to the release of Clarence Boggie with a full pardon. It became the first of many cases that saw 100 men and women investigated

with over half released.

It is interesting to note that not one of the released convicts ever went back to a life of crime. Mr. Boggie himself, married his childhood sweetheart, built a cabin and then died of a massive heart attack three months after his release--but he died a free man.

When Gardner learned that a position was open for a new rector in Ventura, where he had once lived, he told Rev. Gilbert to apply. William got the job and moved his family to Ventura. He would continue to help with the Court of Last Resort and built the new church that still stands on Loma Vista. The two men worked together for many years, and when Erle Gardner passed away, Rev. Bill Gilbert gave the eulogy at this funeral service. After his retirement, and when Rev. Gilbert passed on to his reward, as was his wish, he was buried at the church he loved, a truly remarkable man.



Christy Weir, president of VTA.



Barbara Brown, co-founder VTA and volunteer Karen Farr.

## Ventura Tree Alliance Tree Planting at Barranca Vista Park

On Friday, April 21, the Ventura Tree Alliance (VTA), City of Ventura's Urban Forestry Team, and West Coast Arborists planted 15 trees at Barranca Vista Park. This event celebrated Earth Day by adding tree canopy to our urban landscape. The trees ranged from oaks, which will grow large enough to shade the children's play area to crepe myrtle, which will color the entrance of the park. The day was sunny and so warm many of the nearly 30 volunteers were already using the shade from the newly planted trees to cool off. This will be a wonderful addition to Barranca Vista Park.




## Murals & Roses

Sunday, May 14, 2023 • 11 am – 3 pm

Join us this Mother's Day! The rose garden is in full bloom, and our beautiful mural paintings by renowned artist Marguerite Hardeman (1911-1990) will be on display.

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Artist: Marguerite Hardeman

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Michel had a love affair with Santa Cruz Island.

## Michel Peterson

by Patricia Schallert

Michel Peterson, sponsored by “Friends of Ventura Harbor”, presented her life as a shepherdess on Santa Cruz Island on April 19th at the Greek Restaurant in the Ventura Harbor. Her book titled “Once Upon an Island”, is a story of her love affair with Santa Cruz Island located 31 miles off the coast of Ventura.

She arrived on Santa Cruz Island in 1979 when her future husband to be, was looking for a cook and William Peterson was looking to operate his sheep venture on the island.

Landing on a dirt airplane strip, she and the group she was traveling with, piled into a Dodge truck and descended into Smugglers Cove with its’ spectacular beaches and the isolated sheep ranch know as Scorpion Ranch.

In the beginning, it was difficult for Michel, where there were hazards, rough conditions on an isolated sheep ranch and no electricity.

Being from London, she writes that “this adventure became more of a personal journey” for her. The Island was not friendly to women but Michell developed skills not only as a ranch cook but also learned sufficient skills to become the islands head shepherdess. Long hours of physical labor alongside “Pete” and despite their 32 year difference in age, William “Pete” Peterson married Michel Ravenscroft.

In her oral presentation, she

mentioned a little history of Scorpion Ranch where she lived. It was constructed in 1886 and was in full operation by 1885. Scorpion Ranch was where Michel would begin her journey. The ranch was nestled in the shadows of the southern facing slopes and beneath the cliffs of Santa Cruz Island.

The rocky beach was a stone’s throw away from the ranch, which was a mixture of old and ancient. Santa Cruz Island, she wrote, is known for “it’s diverse landscape and extraordinary range of flora and fauna.” and at time of her journey, it included wild pigs, foxes, sheep, cattle and wild horses.

While on the Island, Michel learned to adapt to the difficulties of the isolated island life through self-reliance and by making due with what was available. It was “ exciting and also could be very lonely”.

The wooden bunkhouse, was home to ranch hands who tended the flocks of sheep, cattle and crops. The Scorpion and Smugglers Ranches were the bases that supplied much of the food and hay for island operations.

Michel mentioned that sheep ranching during her time there was for meat and wool. The descendants of the Gherini family ran the ranch on the eastern end of Santa Cruz between 1936 and 1984.

Her story of her love affair on Santa Cruz Island was riveting from the time

she arrived in 1979 to when the last sheep were loaded aboard the barge Double Eagle at Scorpion Beach and ended when the “Double Eagle” off-loaded the last of the sheep at Port Hueneme.

The Gherini era ended in February 1987 when the National Park Service acquired the last interests from the family.

Today, the National Park Service is preserving the historic area so visitors will have a chance to remember the unique part of the island’s past.

Michel became an artist after she left Santa Cruz Island and worked to create an art form that conveys some of the magnificence of nature. It is her way of expressing gratitude for the abundant natural wealth she received from Santa Cruz Island and if you wander around Ventura Harbor, Michel installed handmade ceramic tile mosaics of local marine wildlife which “expresses her dreams and vision from inception on Santa Cruz Island to its completion in a creative expression of nature and her love affair on Santa Cruz island.”

Her ceramic art, located in Ventura Harbor can be seen on page 21.

Michel’s new book which is still in the works is called: “Santa Cruz island: The Last Shepherdess.”



Kelly’s Lot was formed in 1994 by Kelly Zirbes.

## Namba Performing Arts Space Showcases Singer-Songwriters in May

Namba Performing Arts Space in downtown Ventura will be showcasing singer songwriters Halley Rose Neal, Shawn Jones and Kelly’s Lot during a weekend of celebration, creativity and heartfelt songs.

“Showcasing independent, unique, touring and local songwriters is a continuance of our mission to nurture talent

in our community”, says Tamara Varney, Board Chair for Namba Performing Arts Space. “Our small Theatre invites our audience to experience a closeness with the performer that is both rare and engaging.”

Halley Neal is a Nashville based folk singer-songwriter. Influenced by artists like Joni Mitchell and Shawn Colvin, Halley’s sound combines inspirations of classic folk music and modern day singer-songwriters, while her live shows center on themes of positivity and peace. Halley just released her second album to critical acclaim and Namba is proud to support her tour.

Shawn Jones is an international touring Roots/Americana/Blues/Rock musician. Shawn’s skills as a seasoned songwriter, guitarist and vocalist make him one of the most dynamic and relevant artists on today’s Americana/Roots/Blues/Rock music scene. A local hero of sorts, Shawn has made Ventura his home. Between songs, he often shares the inspirations and personal experiences that paved his road to success in the music industry.

Kelly’s Lot was formed in 1994 by Kelly Zirbes, a folk singer/songwriter with a blues steeped heart. With 15 CDs and lots of touring in both the USA and Europe, Kelly’s Lot celebrates 28 years since they hit the stage at the Roxy in Hollywood. Kelly Z met guitar player and soundman, Perry Robertson in 1996, who added the southern rock and Texas influences that have helped shape the group’s sound. Kelly’s Lot and friends will generously set the stage at NAM BA for a fundraising concert on May 13th. Prepare for some great Blues, fantastic vocals, and room to dance!

Namba Performing Arts Space, 47 S. Oak Street, Ventura. Tickets for Halley Rose Neal or Shawn Jones are \$20. Suggested donation for Kelly’s Lot is \$20. Find more info, show dates and Tickets at NambaArts.com.

### The Bookmark

## About Libraries and Friends

by Mary Olson

Do you enjoy learning new things, exploring interesting places, and meeting people who share a love of adventure? **Hill Road Library** will host a discussion of the many programs offered by **Road Scholar** on Thursday, May 4th, at 5:00 pm. Road Scholar is the world’s largest educational travel

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Unique Ventura Community for Those Over 55 Years of Age

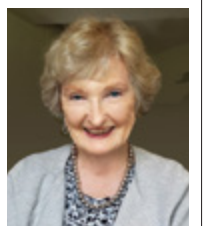
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organization for adults, offering nearly 5,500 affordable programs each year in about 150 countries worldwide. These programs offer a chance to expand your mind while being in the company of other people who believe that learning is one of the best parts of life.

Hill Road Library hosts a timely program on **Wildfire Preparedness: Protect Your Home Against the Threat of Wildfires**. On Tuesday, May 16th, 5 to 6 pm, **The Ventura Regional Fire Safe Council** will present a workshop for the local community. The Ventura Regional Fire Safe Council is a local, non profit organization dedicated to supporting residents in fire vulnerable areas of Ventura County. This workshop will deliver a brief overview of wildfire history and behavior, provide steps you can take to protect your home and families, and give resources for emergency preparedness. Events at Hill Road Library are free and open to the public. For additional information, contact Linda Cherry, Librarian, at (805) 677 7180.

Local Oxnard author **Leslie Rinchen Wongmo** will visit the **Ojai Library** at 2 pm on Saturday, May 13 to talk about her new book, *Threads of Awakening: An American Woman's Journey into Tibet's Sacred Textile Art*.

Leslie Rinchen Wongmo is a textile artist, teacher, and author. A California girl who bought a one way ticket to India and landed in a Tibetan sewing workshop next door to the Dalai Lama, she became one of few non Tibetans to master the Buddhist art of silk appliqué thangka. Trained by two of the finest living Tibetan appliqué artists, Leslie learned to stitch bits of silk into

elaborate figurative mosaics that bring the transformative images of Buddhist meditation to life. Her artwork has been exhibited internationally and featured in the documentary

*Creating Buddhas: The Making and Meaning of Fabric Thangkas*. You can learn more about her work and book online at [www.threadsawakening.com](http://www.threadsawakening.com). This event is free and open to the public. For additional information, contact Ron Solórzano, Regional Librarian, at (805) 218 9146 or [ron.solorzano@ventura.org](mailto:ron.solorzano@ventura.org)

There are still some events to come in Ventura County Library's series of family friendly sustainability themed programs. English/Spanish interpretation services and children's activities will be available for all the programs at the Piru and Saticoy Library branches.

The upcoming topics are:  
**Home Weatherization 101**  
 Thursday, May 4, 5:00 to 7:00 pm at Saticoy Library (1292 Los Angeles Avenue, Ventura) 805 671 5148

**How to Get Green Business Certified**  
 Thursday, May 11, 5:00 to 7:00 pm at Piru Library (3811 Center Street, Piru) 805 521 1753

Wednesday, May 17, 5:00 to 7:00 pm at Saticoy Library rescheduled from May 18.

**Ventura Friends of the Library Bookstore** in E.P. Foster Library is open Tuesday through Saturday, 11:00 am to 4:00 pm and Sundays, 1:30 to 4:00 pm.

You can also shop at our online store at <https://venturafol107753.square.site/s/shop> and pick up your purchase at the store in E.P. Foster. In addition to books, both venues offer audiobooks and jigsaw puzzles.

**NAMBA PERFORMING ARTS SPACE**  
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# MUSIC

## SINGER SONGWRITER WEEKEND

### THURS - SAT MAY 11-13 7 PM



**THURS 5/11**  
**HALLEY ROSE NEAL**  
 Planet Bluegrass Rocky Mountain Folks Fest Songwriter Showcase Finalist



**FRI 5/12**  
**SHAWN JONES**  
 "Infectious blues-rock, dazzling guitar playing, formidable voice and original songwriting."



**SAT 5/13**  
**KELLY'S LOT**  
 "A folk singer/songwriter with a heart for the blues." Kelly & Perry have dedicated their evening as a fundraiser for NAMBA.

Tickets at [NambaArts.com](http://NambaArts.com) or at the door. 805.648.9250



May 02, 2023  
 Re: Request for sub bids

To Whom It May Concern:

WML & WEBCOR, A Joint Venture is a construction firm bidding on the project listed below:

Project: MBR/UV Upgrade Project  
 Bid Due Date: May 12, 2023 at 2:00 P.M.

We are seeking sub-bids from DBE subcontractors, and material and/or equipment suppliers in the areas of work included in, but not limited to, those listed below:

- Estimating
- Scheduling
- Plan Review
- Geotechnical Survey
- Potholing
- Cost Risk Management
- Security
- Flood Plain Hydrologist
- Traffic Control
- Corrosion
- Biologist
- Community Outreach

WML & WEBCOR, A Joint Venture encourages all interested DBE companies to contact us at least 1 day prior to the bid due date to review with us your proposed scope of work.

The RFP Documents and Plans are available for review at this Box link: <https://webcor.box.com/s/be9ihp4c7xond6zklsek3nw5qjvl>

We are willing to assist all DBE subcontractors/suppliers in obtaining bonds, lines of credit, and/or insurance. If you are interested in participating in this project, please contact us at [outreach@webcor.com](mailto:outreach@webcor.com).

## HELP SUPPORT THE VENTURA BREEZE

WITH THE CONTINUED SUPPORT OF OUR ADVERTISERS, DONORS AND READERS, WE CONTINUE TO BRING LOCAL NEWS AND INFORMATION TO VENTURA. LOCAL NEWSPAPERS ARE SOLELY DEPENDENT ON ADVERTISING REVENUE. WE ASK OUR LOYAL READER TO HELP SUPPORT THE VENTURA BREEZE. WE LOOK FORWARD TO CONTINUE OUR MISSION OF BRINGING OUR READERS THE INFORMATION IMPACTING VENTURA.

THERE ARE THREE WAYS TO CONTRIBUTE. YOU CAN SEND A CHECK, PAY BY CREDIT CARD OR ON PAYPAL AT <https://venturabreeze.com/donate/>

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DO YOU WANT TO BE LISTED AS A DONOR? YES \_\_\_ NO \_\_\_

**THANK YOU FOR SUPPORTING THE VENTURA BREEZE!**



## An Intimate Boutique Yoga Studio opens on the waterfront at Portside Ventura Harbor

May 1st marked the official opening of Portside Yoga located at 947 Schooner Drive - Unit 211 in Ventura. This beautiful second-floor studio directly overlooks the harbor and captures a perfect view of sailboats, wildlife, and

a perfectly framed postcard sunset every evening.

Yoga classes for all levels, all bodies, and all abilities will be offered, as well as Barre Sculpt and Cardio Barre. Special Events will occur several times a month on the weekends, with Portside Yoga's first Open House occurring May 6 at 7:30pm.

Portside Yoga's owner Donna DiMeo Sorce, has been a professional Yoga Instructor for 23 years in the Los Angeles and Ventura County areas and is registered with the Yoga Alliance.

Donna is also a Master's Level Reiki practitioner. For the past 8 years, Donna has led yoga classes at The Ranch Malibu, a world-renowned luxury fitness, health, and wellness retreat in

the Santa Monica Mountains.

Prior to her "second career" diving deep into yoga, Donna was a Professional Dancer on Broadway. Donna traveled the world appearing in many noteworthy productions. Donna's most memorable gigs included her

include Sound Baths, Reiki/Restorative Yoga, Special Workshops, and Sunset and Full Moon gatherings and waterfront meditation.

### Take 5 And Read To Kids!

#### Continued from page 1

academic achievements said Health Care Agency Director Barry Zimmerman. Studies have proven that when you talk, read and sing to children starting at birth, you promote and support early language and literacy development.

First 5 Ventura County encourages parents and community members to become champions of early literacy by taking at least five minutes each day to read with a young child. "Talking throughout the day with your young child, reading together, telling stories, and singing all help develop pathways in the brain that will later be used to recognize letters, read, and think critically," Supervisor Matt LaVere added.

This year's Take 5 event will be hosted at various preschool classrooms, family child care centers, and select First 5 Ventura County's Neighborhoods for Learning sites. Events will also include celebrity readings at local libraries during their regularly scheduled story times throughout the month of May. Check with your local library for a full list of upcoming events.

Research shows that a child's brain develops most dramatically in the first five years, and what parents and caregivers do during these years to support their child's growth will have a significant impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco to support programs for children prenatal to 5.

First 5 Ventura County strengthens families, communities and systems of care for children prenatal to 5 years through investments, expertise, and leadership so all children reach their full potential, two key investments remain at the forefront of our work to achieve F5VCs goals: the nationally recognized Neighborhoods for Learning and Help Me Grow.

For Program information: Tyla Adams, First 5 Ventura County Program Manager at 805-218-9308 or email [tadams@first5ventura.org](mailto:tadams@first5ventura.org)

Local Library Dates:

E.P. Foster Library on May 5th at 10 am

Hill Road Library on May 5th at 10 am

South Oxnard Branch Library on May 8th at 4 pm

Oxnard Public Library on May 9th at 11 am



Prior to her "second career" Donna was a Professional Dancer on Broadway.

run in the original cast of Jerome Robbins' *Broadway* and then a wild two seasons as a Weekend Update Dancer on Saturday Night Live. Donna also toured with National and International companies in the musical, *West Side Story* and appeared on the Tony Awards several times.

Donna is a proud Brooklyn-born New York City native who makes regular trips back East to see family, friends, and old dance partners. But these days, Donna is thrilled to finally call beautiful Portside Ventura Harbor her home, where she shares an apartment, and a 45' classic yacht, with her fiancé, Michael - who she met in the Portside Hot Tub - no kidding!

Yoga has created a community for Donna no matter where her journeys lead her. She believes, "Once we're on the mat, we all speak the same language!" Her intention for all her students and clients is to create a sacred space where a connection to our bodies and breath can occur. She strives to create space where everyone can unplug from distractions, find balance, and always feel a little better when they depart than when they arrived. Donna enjoys sharing her love and enthusiasm for the practice of yoga, and is fulfilled by every "aah-ha" moment that blesses her studio.

Events occurring monthly will

## GRAND OPENING!



### New boutique Yoga Studio Portside Yoga at Portside Ventura Harbor

- Yoga classes for All Levels
  - Barre classes
- Special Weekend Events
  - Retreats



947 Schooner Dr., Unit 211, Ventura, CA 93001

[www.portsideyoga.com](http://www.portsideyoga.com)

805-765-1571



## NOW OPEN! Teen Explorer Program Applications

The Ventura Police Department's Explorer Program is designed for Ventura residents, ages 14-18, who are interested in learning about a career in law enforcement. The program offers hands-on activities and interactive learning sessions about local police operations.



Learn more about the program, eligibility requirements, and access the application:  
[www.CityofVentura.ca.gov/Explorers](http://www.CityofVentura.ca.gov/Explorers)



# Senior Living



Monique Nowlin



Victoria Jump

## Using Technology to get Access to Resources

by Carol Leish, MA

How do you connect people to the services that they need? How do you use the technological devices to connect people to a greater world?

“Digital’ is not just connecting to another person. It is either connecting to a person, to a service, or to a platform,” according to Victoria Jump, MPA, Director of the Ventura County Area Agency on Aging (VCAAA). “We connect others to a network, which is a way of dealing with loneliness.”

There are various technological resources available on the website, [www.vcaa.org](http://www.vcaa.org), under: ‘Digital Resources.’ ‘VC Connects,’ at: [www.vcconnects.org](http://www.vcconnects.org), was launched in summer of 2021, is a program designed to bridge the digital gap for older adults and people with disabilities living in Ventura County. VC Connects allows users to complete any online task, including video chats with friends, family members, and doctors. The program offers the use of Chromebooks, which includes internet enabled hotspots, and is provided at no charge. This allows users to stay active and engaged.

“Get Set Up: [www.getsetup.com](http://www.getsetup.com), according to Jump, “is a platform to take classes with others in the privacy of your own home. People make friends in small live classes online which are provided in multiple languages. In fact, this gives older adults the opportunity to watch a class, and then realize that they can teach a class on a particular topic themselves since Get Set Up is always looking for instructors. Thus, it is a good possibility of employment.”

“The mission that we have has been for ‘Digital Inclusion,’ in order for no

one to be left out,” according to Monique Nowlin, MPPA, Deputy Director at VC Area Agency on Aging. “Remember, during the pandemic, we were using Zoom more, which included having Tele-Health appointments. This broke down geographical barriers.”

“Trualta ([www.trualta.com](http://www.trualta.com)) provides me with information, if I want to know more about caregiving,” according to Nowlin. “It is an online tool for managing care at home that enables caregivers to explore options for challenging behaviors and discover ways to further connect with loved ones, connect, share, and learn with fellow caregivers.”

“Trualta is a web-based caregiving platform,” according to Jump. “If the only time that you have is in the middle of the night, you can go on Trualta and receive a brief training then.”

“We can not do Tele-Health appointments unless we have a laptop. We are helping people of modest means to have laptops and Chromebooks for them to be able to be connected. The Chromebooks for people can be checked out since we are in a partnership with the VC Libraries.”

The VC Connects Website: [www.vcconnects.org](http://www.vcconnects.org), also offers seniors and people with disabilities to get access to Google Home, which can be set up with WIFI. It can remind people when to take their medicine or answer a question about the weather for the day, etc.

Jump focused on how things are different now by saying, “Things have been changing. Over ten years ago, we saw a larger percentage of people in their 70’s, 80’s, and 90’s who did not use

computers other than using them for email. But now we are seeing how much more well-connected older adults are with using computers. However, there are still difficulties in all the changes taking place in technology. We view technology as a tool for people to be connected to the greater world.”

Nowlin elaborated upon this by saying, “Older people have become more independent using Zoom, etc. It is a continuous education because, ‘You don’t know what you don’t know’ Through learning and gaining knowledge about technology, older adults and individuals with disabilities can and will feel more comfortable with using technology in order to deal better with the expanding technological world.”

## Frequent testing reduced COVID-19 deaths in nursing facilities

From NIH Research Matters

During the COVID-19 pandemic, residents of skilled nursing facilities have been at particular risk of dying from the disease. These nursing facilities are for people who need daily medical care from trained professionals. Although less than 2% of the U.S. population either lives or works in such facilities,

they accounted for more than 20% of the deaths from COVID-19 through 2021.

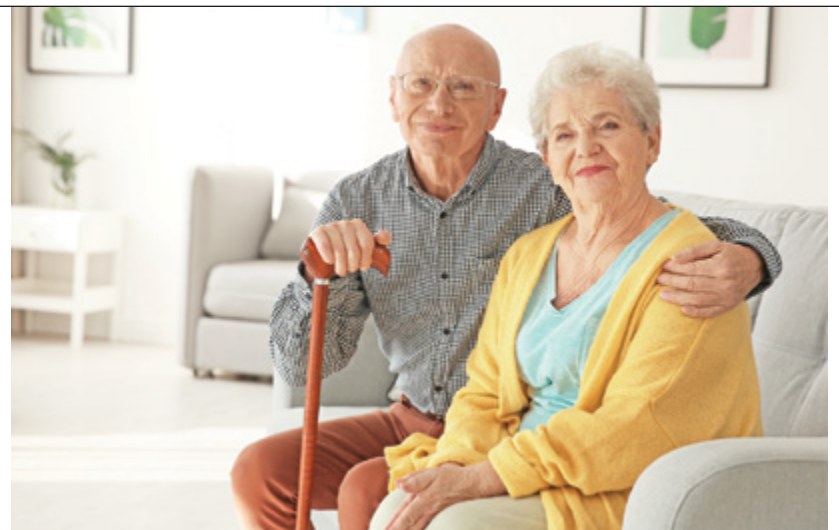
Staff members who contracted an infection outside of work likely seeded most COVID-19 outbreaks in skilled nursing facilities. Modeling studies have suggested that frequent testing of staff members could help reduce this risk, so such approaches have been widely adopted. But few studies have examined how well this strategy worked in real life.

In new NIH-funded research, a team led by Dr. Brian McGarry from the University of Rochester and Dr. Michael Barnett from Harvard University looked at data collected and reported by more than 13,000 skilled nursing facilities during the pandemic. The team examined rates of staff COVID-19 testing during three main periods between November 2020 and March 2022: before vaccines became available, after vaccines were widely distributed but before the Omicron wave, and during the Omicron wave. Tests included rapid antigen testing done on-site and PCR testing, which had to be sent to an outside lab.

The researchers compared the facilities’ rates of COVID-19 infections and deaths with their frequency of staff testing for COVID-19. Results were published on March 23, 2023, in the New England Journal of Medicine.

During the entire period studied, facilities that did the most testing (top 10%) had about 43 deaths per 100 outbreaks, compared to about 50 deaths per 100 outbreaks in facilities that did the least testing (bottom 10%). Facilities that did the most testing detected about

**Continued on page 12**



## When a Caregiver Can Help

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## Senior Living



Set a time each day to do a few minutes of exercise.

### The importance of a daily routine

by Leslie Sokol

No matter your age, a regular routine is extremely important. If you consistently make time to do something and stick with it, you'll find it easier to maintain the habit. The idea of a "routine" can bring to mind words such as "mundane" or "ordinary," but routines can be powerful tools. They support cognitive function, boost health, provide meaningful activities and social opportunities.

For instance, if you set a time each day to do a few minutes of exercise, it will increase your energy, help you get in shape and keep you healthy, both physically and mentally. Regular participation in social activities can also contribute positively to mental health.

Whether you are retired or still working, having things to look forward to each day is rewarding. If you find yourself with time on your hands, then doing volunteer work, socializing with friends, working out, or pursuing a new hobby is a great way to be create a daily routine and become consistent with your schedule.

Here are a few suggestions to help you with your daily routines:

Use a day timer or smartphone app to organize your activities. A simple notepad or a daily planner and a pen can work too.

Choose a regular sleep schedule and try to stick to it most days of the week. Make physical activity a priority. In-home workouts, walking, hiking, gardening, playing sports, and dance and fitness classes are great options.

Keep an eye out for activities they are happening in your community, such as a book club at the library or a social walking group.

Routines have the power to help you manage your daily activities and feel meaningful, productive, happy and healthy. Always remember - variety is the spice of life!

The healthiest foods come in their own wrapping, such as fruits and vegetables. They come from nature fat free! A well-balanced diet will keep you healthy, energized and strong.

You are what you eat. Always make fruits, vegetables, and salads a major part of your daily meal plans. Lean proteins and complex carbohydrates are essential too. Be sure to get enough water

as well because it carries nutrients and oxygen to all of the cells in your body. A proper diet will stabilize your heart beat, regulate your body temperature, cushion your joints and more!

Leslie Sokol is the creator and founder of the adult dance and fitness program For the Young at Heart. She has been teaching adults and children for forty-five years. You can watch For the Young at Heart by visiting her YouTube Channel or on TVSB. She also teaches in retirement communities throughout Santa Barbara and Ventura Counties.

For more information contact Leslie at [Dancekidsfun@gmail.com](mailto:Dancekidsfun@gmail.com) 805-312-8089 or visit the website: [www.Leslie-SokolDance.com](http://www.Leslie-SokolDance.com)



Get regular eye exams so any problems can be spotted early.

### Aging and your eyes

Having trouble distinguishing colors, such as blue from black?

Needing more time to adjust to changing levels of light?

These problems are often easily corrected. Glasses, contact lenses, and improved lighting may help and enable you to maintain your lifestyle and independence.

Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting regular eye exams so any problems can be spotted early.

Have your eyes checked regularly by an eye care professional — either an ophthalmologist or optometrist. Finding and treating any problems early can help protect your vision and prevent vision loss. Make a list of your questions and concerns to share with the doctor. Tell them which medications you are taking. Some can affect your eyes. Eye doctor using medical equipment to examine an older adults eyes

Normal changes in the aging eye usually do not harm your vision. However, sometimes they can be signs of a more serious problem. For example, your eyes may leak tears. This can happen with light sensitivity, wind, or temperature changes. Sunglasses and eye drops may help. Sometimes, leaking tears may be a symptom of dry eye or sign of an infection or blocked tear duct. Your eye care professional can treat these problems.

Many people don't notice any signs or symptoms in the early stages of eye diseases. A dilated eye exam performed by an eye care professional is the only way to find some common eye diseases while they're easier to treat — and before they cause vision loss. Everyone over age 50 should have a dilated eye exam every year or as recommended by your eye care professional, even if you have good vision and don't wear contacts or glasses. After age 60, you should get a dilated eye exam every year or two. Most people with diabetes or high blood pressure need to

get a dilated exam at least once a year.

During this exam, the eye care professional will put drops in your eyes to widen (dilate) your pupils so that he or she can better see inside each eye. Your vision may be blurry after the exam, and your eyes may be more sensitive to light. This only lasts a few hours. Make plans for someone else to drive you home.

If you wear glasses or contact lenses, get your prescription checked, too. Even small changes in sight can increase your risk for falls and injuries. It's important to use the proper prescription glasses or contact lenses.

See your primary health care provider regularly to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not controlled or treated.

### Teach adults who want to learn English

Free tutor training for adults 18 and over wanting to tutor adults who would like to learn or improve their English and learn American culture.

Next tutor training is May 20, 2023.

We are looking for tutors available in Ventura County. The training will be held from 8:30 a.m. to 4:00 p.m. on Saturday, May 20, 2023 at the Laubach Literacy office in Ventura. Tutors would provide instruction in communities within Ventura County, including Oxnard, Ventura, Camarillo, Ojai, Saticoy, Santa Paula, Thousand Oaks, Fillmore, Piru, and Moorpark. Locations can be in public libraries, coffee shops, churches, outdoors, or any place convenient to the tutor and adult learner.

Tutor training is about 7 hours on one day. We ask tutors to provide tutoring typically 60 to 90 minutes per week.

No prior teaching experience is required. You don't have to speak a foreign language to be a tutor. We provide free tutors and materials to adults who want to speak, understand, read, and write English and learn American culture. Laubach Literacy of Ventura County has been teaching English for free for over 40 years in Ventura County.

Price: Free

For More Information contact Laubach Literacy of Ventura County to register for the tutor training. Phone: (805) 385-9584. Please leave a message and we will call you back. Email: [laubachventura@gmail.com](mailto:laubachventura@gmail.com). Website: <http://www.laubachventura.org>

### Frequent testing reduced deaths Continued from page 11

15% more COVID-19 infections among staff than those that did the least. This suggests that frequent testing captured more asymptomatic staff infections that could seed outbreaks.

Before vaccines were available, these numbers translated to an approximately 30% reduction in the number of cases among facility residents and a 26% reduction in deaths. During the Omicron wave, frequent testing continued to reduce the number of cases among residents, but no longer impacted the number of deaths. This change reflects the effectiveness of vaccines against the virus.

The number of observed deaths

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**FREE**

**VENTURA COUNTY PARKINSON'S SUPPORT GROUP**

**NEXT MEETING: Tuesday, May 16th (10-11:00am)**

Meetings are held at Crosspointe Church in Ventura (5415 Ralston Ave.) on the THIRD Tuesday of each month from 10-11am

For more information, go to [vcneurofitness.com](http://vcneurofitness.com) OR contact Dr. Vanessa White: 805.300.7749 — [vcneurofitness@hotmail.com](mailto:vcneurofitness@hotmail.com)

## Senior Living

didn't differ between facilities that used rapid testing or PCR testing. However, a faster turnaround time for PCR testing was associated with fewer resident deaths. In the period before widespread vaccination, those facilities that received their testing results in two days or less had fewer deaths per outbreak than those that got them back in three or more days.

"This research demonstrates

that frequent COVID surveillance testing protected nursing home residents and undoubtedly saved lives by detecting more infected staff, potentially earlier in the disease course, and disrupting potential viral transmission chains," McGarry says.

— by Sharon Reynolds  
This research was supported in part by NIA grant AG058806.

## Harbor Patrol Blotter

Just a few of the things the Harbor Patrol tends to.

Wednes 4-12

7:00pm, received report of gas odor near 1567 Spinnaker Dr. Officers responded with VFD/Gas Company. Investigated but unable to locate a gas odor

Thursday 4-13

6:55am, while on patrol, observed thousands of beached "Vela Vela's" on the shoreline. Attempting to avoid because they stick to undercarriage, and smell.

10:34am, officers on patrol in Fireboat of all response areas in and outside of the harbor including: the keys, all marinas' fairways, main channels and just outside the surfline up and down Ventura coast. Patrol ended with refueling at fuel dock

Friday 4-14

12:34pm, new officers working on online United States Coastguard captains' course to eventually take exam to obtain license.

4:20pm, while on patrol in Harb1, patrol truck, officers observed then contacted two "unsightly" recreational vehicles parked in Harbor Cove beach parking lot. The vehicles were in violation of oversized ordinance, moved to Spinnaker Dr.

Saturday 4-15

11:29am, received request from US coast guard concerning a sailboat that has been anchoring overnight in dangerous areas just outside Ventura & CI harbors. Officers were aware of the vessel but as of recently hadn't noticed it in the area.

8:19pm, receiving complaints about Ventura Sport Fishing vessels with blinding forward deck lights left on berthed vessels. Officers contacted Sport Fishing and advised of the complaints from tenants in nearby marinas.

Sunday 4-16

6:20am, observed weather service issued Small Craft Advisory, raised pennants for winds gusting to 25kts in the western portion of the East SB channel. 9:20am, officers attending Dept of Boating & Waterways Marine Firefighting class in Marina Del Ray this week gathering all protective turnouts and SCBA's.

1:15pm, received report of a small sailboat in distress near the launch ramp 5 mph buoy. Officers responded in Fireboat, found the vessel with 3 POB's on board and attempting to retrieve a piece of the rudder. The vessel was safely towed to the launch ramp and the rudder post was successfully

retrieved.

9:19pm, dispatched to Ocean Rescue, swimmer in distress near the Pier. Officers responded in Fireboat, en route the transient got out of the water and ran away.

Monday 4-17

12:05pm, contacted individual living in vehicle at L/R for no permit. An older gentleman exited vehicle naked, distressed over medical conditions, after many attempts to provide care, he refused any assistance. Advised to get a L/R permit.

Wednes 4/19

5:08am, observed Weather Service issued Small Craft Advisory, raised pennant.

2:22pm, dispatched to National Park Service for a medical. Officers responded with VFD/AMR to a 76 y/o female with chest pain. Patient transported by AMR

8:42pm, dispatched to an overdose near Pierpont Bay YC. Officers responded with AMR/VFD and assisted a 64 y/o female, transport by AMR to hospital.

Thursday 4/20

9:33am, dispatched to cat trapped in storm drain at Harbor Cove lot. Officers responded with VFD, the cat freed itself from the storm drain.

Friday 4/21

10:29am, dispatched to unknown medical in Portside apartments. Officers responded with VFD/AMR to the call. Responders conducting a welfare check.

Saturday 4/22

7:20am, received report of injured seabird. Officers responded, found the bird and placed in container for volunteer bird rescue.

4:50pm, dispatched to a dog locked in a vehicle in Port District lot. Officers responded on foot and found the vehicle. While assessing the situation, three "good Samaritans" arrived and attempted to intervene. The dog was determined to be ok & while trying to calm down the mob, the owner arrived, took the dog. The mob & officers were surprised the owner thanked them for their concern.

Sunday 4/23

12:11pm, dispatched to Ocean Rescue, drowning at Surfers Point. Officers responded in the Fireboat, deployed swimmer to assist with rescue. Patient pulled from ocean, was stabilized and transported by AMR to hospital.



## Growing From the Ashes

Ventura author Sheila Lowe has released her long-awaited memoir, *Growing From the Ashes: Learning from my daughter's murder about life after earth.*

In 2000, as a forensic handwriting examiner for many years, Sheila was alarmed to see the red flags for pathological behavior in the handwriting of her daughter's boyfriend, Tom Schnaible. An officer in federal law enforcement, Tom was an explosion waiting to happen. And when that explosion detonated less than a year later, it resulted in the murder of twenty-seven-year-old Jennifer Lowe.

This book, 23 years in the making, follows the author's spiritual path from a strict fundamentalist religion that bars any belief in a world of spirit, to the freedom of knowing that there is no death, only life after earth.

*Growing From the Ashes* can be ordered from any bookstore and online retailers. The audiobook will be available soon. [www.sheilalowe-books.com](http://www.sheilalowe-books.com)

## Join a Community Bike Ride in VENTURA

The City of Ventura is hosting an all ages and abilities ride to talk about how to make walking and biking excellent choices in Ventura!

**Community Bike Ride**  
**Saturday, May 20, 2023**  
**Start/End at Barranca Vista Park**  
**1:00 PM Meet, 1:30 PM Ride**



Engage on-line with the Active Transportation Plan process and tell us what you think!

[www.ActivePlanVentura.com](http://www.ActivePlanVentura.com)



### Weekly SUDOKU

Answer

8	1	6	3	7	4	5	9	2
9	2	7	5	8	6	3	1	4
4	5	3	9	2	1	7	6	8
6	3	9	1	4	8	2	5	7
2	8	1	6	5	7	4	3	9
7	4	5	2	9	3	6	8	1
3	6	2	7	1	9	8	4	5
1	7	4	8	3	5	9	2	6
5	9	8	4	6	2	1	7	3

### King Crossword

Answers

Solution time: 22 mins.

P	I	A	F	P	G	A	A	L	S	O	
H	O	D	A	R	O	B	R	E	A	M	
A	T	A	T	E	V	E	R	M	O	R	E
T	A	V	T	A	M	L	E	A	N	I	N
			E	N	I	D	A	C	A		
E	V	E	N	K	E	E	L	A	R	I	A
M	A	I	A	R	L	E	S	O	D	N	
I	N	S	E	V	E	N	S	O	N	G	
		S	P	Y	E	R	I	N			
R	I	T	U	A	L	I	T	A	L	I	C
E	V	E	R	Y	O	N	E	S	L	A	
B	A	I	T	B	A	S	L	A	I	R	
A	N	S		S	E	T		S	T	E	T

**Moving In?**  
**Moving Up?**  
**Moving Out?**

**I can help you with that!**

BERKSHIRE HATHAWAY | California Properties HomeServices

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**805.701.7694**

**TEAMTRAINOR12@GMAIL.COM**



## The Pet Page



**Dedicated to Scamp**

■ When dogs have an injury or chronic condition, such as arthritis, physical rehabilitation can ease their pain and improve their strength and flexibility.

“There are a number of situations where dogs could benefit from physical rehabilitation, but the common reason is to improve recovery following surgery, usually orthopedic surgery – or surgery on bones and joints – and neurologic surgery – typically back or neck surgery,” said Dr. Jacqueline Davidson, a clinical professor at the Texas A&M School of Veterinary Medicine & Biomedical Sciences.

Other reasons that a dog could benefit from a rehabilitation program include recovering from injuries that did not require surgery, such as leg, foot, or nerve injuries; increasing mobility and quality of life for obese or older patients; or improving a working or sporting dog’s performance.

“The most important aspect of a program is a veterinarian who has the knowledge and skill to develop and perform an effective treatment program,” Davidson said. “The veterinarian prescribing the program will first do an assessment to determine specific issues and take measurements where possible. For example, they might measure muscle size before and after the therapy has begun to monitor for improvements and determine whether the program is effective.”

Certified veterinarians may also recommend supplemental treatments, each with their own benefits, that can be added to the recovery program as well.

Because treatment programs can vary, Davidson strongly recommends owners first visit with a veterinarian to discuss whether physical rehabilitation can improve their dog’s quality of life.

“Owners can consult with their veterinarian about rehab if they feel their pet is not getting around as well as they used to, seems to be less active, or is favoring one leg,” Davidson said.

At home, owners can support their dog’s recovery by walking them, as this can improve such daily activities as walking to their food dish or outside to pee.

Rehabilitation is a broad field that can include different programs and treatments specific to your furry friend’s condition, so working with your veterinarian to determine the best course of action can provide the most rewarding outcomes: pain relief, comfort, and improved well-being.

Pet Talk is a service of the School of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the web at [vetmed.tamu.edu/news/pet-talk](http://vetmed.tamu.edu/news/pet-talk). Suggestions for future topics may be directed to [vmbs-editor@tamu.edu](mailto:vmbs-editor@tamu.edu).

■ Cat owners should know that if a cat goes without eating for a few days in a row, there is a risk that the cat could

develop a potentially fatal condition called hepatic lipidosis. To break that term down, “hepatic” means relating to the liver, an organ that performs vital functions necessary to life, including removing waste products and foreign substances from the bloodstream, regulating blood sugar levels, and creating essential nutrients. “Lipidosis” means an abnormal accumulation of fat.

According to Dr. David Williams, overweight or obese cats have a greater chance of developing hepatic lipidosis

“Hepatic lipidosis seems to be a peculiar metabolic response of cats, particularly those that are overweight, to a reduction in food intake,” says Dr. Williams. “Once the cat gets hepatic lipidosis, the cat will not usually start eating again on its own.”

While hepatic lipidosis itself is not painful to the cat, the original cause of the anorexia, or period of not eating, could be painful. For example, pancreatitis is painful and could result in anorexia in a cat. Cats may stop eating for a variety of reasons, both medical and behavioral.

Possible signs of hepatic lipidosis include jaundice (yellowing of skin), lethargy, weakness, vomiting, and behavioral changes.

To diagnose hepatic lipidosis, doctors often perform blood tests to identify liver function and to determine other underlying diseases. A definitive diagnosis requires a liver biopsy, according to Dr. Williams. A liver biopsy can be done through the skin, or internally if an abdominal procedure is being done.

Many factors need to be considered for a thorough treatment approach to hepatic lipidosis. The standard treatment is to feed the cat using a feeding tube that has been surgically placed into the esophagus or, less commonly, the stomach.

■ Most dogs aren’t picky when it comes to food. They’ll happily scarf down whatever tasty morsels they can find. But what if your hungry pup gobbles up everything in its path, including food meant for your other pets?

It’s not necessarily harmful for your dog to sneak a bite from your cat’s bowl here and there – though of course, your cat might not be too pleased to find their food bowl empty.

But feeding your dog cat kibble or canned wet food regularly won’t meet their nutritional needs in the long run.

Kibbles are kibbles, right? Wrong. Cats and dogs have different nutritional needs, so their food isn’t interchangeable.

“Cat food has everything that a dog needs, but not in the correct balance. These imbalances could lead to severe problems, especially over time,” says Dr. Adam Currier, a veterinarian at Fuzzy Pet Health.

For example, cat food typically has more calories, fat, and protein than dog food, Currier says. This is because cat food contains a higher meat content than dog food, and meat is calorically dense.

## Scamp Club

(Scampclub pets are not for adoption.)



This is Rosie, a terrier blended companion who we like to think of as a hobbit dog with her feathered paws. She was rescued from the streets of El Centro and is thought to be about 5 years old. Now, firmly a part of our household, she enjoys her morning walks and whennot barking at dogs on TV or visitors to the door, she assumes her position at the side of the lady of the house.

## Join Scamp Club

**Animals of all sorts can join the ScampClub. Email me your picture and a little about yourself to [Scampclub@venturabreeze.com](mailto:Scampclub@venturabreeze.com). You will be in the Breeze and become world famous.**

**Lost pet? Go to [LostCatVenturaCounty.com](http://LostCatVenturaCounty.com) or [LostDogVenturaCounty.com](http://LostDogVenturaCounty.com) - free websites for finding and posting when you’ve lost or found a cat or dog.**



We are Yasmina and Kiah. We were in the last Breeze issue but the photo was so small you couldn’t see how handsome we are.

## Forever homes wanted

Hi: I’m Peanut, a sweet 2-month-old Spaniel X pup rescued from a shelter when my time was almost up. My foster mom is giving me lots of love, attention and the best of care. Since I’m just a puppy, children in the home must be at least 6 years of age. Please be sure you’re ready to take on a puppy as it’s similar to having a newborn in the home. It’s a lifetime commitment, not a temporary one where the love and attention wears off after I’m grown. If you’re ready and able to give me a lifetime of love and wonderful memories, please fill out an application to meet me. Canine Adoption and Rescue League C.A.R.L.



Meet Gandalf, a 2-year-old shorthaired rabbit! This curious bun would love a safe and loving indoor home of his own where he can live the life of a spoiled and much adored house rabbit. He can be a little shy at first. If you’d like to meet Gandalf, email [VCASBunnyBrigade@gmail.com](mailto:VCASBunnyBrigade@gmail.com) and one of our Bunny Brigade volunteers will reach out to you soon!

**SPAN Thrift Store**  
SPAY/NEUTER ANIMAL NETWORK

Seeking donations of Clothing, Tools, Sports Equipment and Small Electric Kitchen appliances.

10am - 4pm Tues, Thurs & Sat  
Wed./Fri 10-12

\$10 Low/No Income Spay & Neuter May 9th Shiells Park 649 C St., Fillmore Must call for appointment (805) 584-3823

\$10 Low/No Income Spay & Neuter May 23rd SPAN Thrift Store 110 N. Olive St., Ventura Must call for appointment (805) 584-3823

805.641.1170 110 A & B N. Olive St., Ventura CA 93001 [www.spanonline.org](http://www.spanonline.org)



CAPS Media KPPQ DJ of the Month Doc Ventura

# CAPS is the home of KPPQ, Ventura's only public access community radio station

KPPQ features a dedicated and talented crew of local DJs producing unique and information programming. Every month CAPS Media and KPPQ features a DJ who helps define the style and sound of Ventura

community radio on KPPQ- LP at 104.1FM and on myTuner. Doc Ventura is performer, guitarist, singer, songwriter, producer and best of all a KPPQ DJ. A Chicago blues man, transplanted to beautiful

Ventura, shares his love of the blues from the 1920's through the present day on Doc's Delta Blues Lounge. Doc Ventura says "I believe if you LIKE the blues you will LOVE them after tuning in". The hour-long show features familiar stars like Muddy Waters and Howlin' Wolf but the majority of the program is dedicated to lesser known blues artists such as Homesick James, J.B. Hutto, T-Model Ford that are often overlooked in radio. The diversity of blues styles and forms found in Doc's Delta Blues Lounge entertains, informs, and builds appreciation of this indigenous art form. Doc has four solo albums. You can catch Doc and his Delta by the Beach Band or with The Milo Sledge Trio throughout Ventura and up and down the central and south coast. Tune in to 104.1fm on Thursdays at 7pm and Sundays at 3pm to enter Doc's Delta Blues Lounge. All KPPQ locally produced programs, as well as national and international shows, can be enjoyed 24/7 at 104.1 FM and streamed worldwide on myTuner Radio and on capsmedia.org. Many of the shows are available on-demand on the KPPQ podcast network found at capsmedia.org/radio. Stay tuned for the next DJ profile in your Ventura Breeze.

Recently CAPS Media crews produced a promotional video for Ventura County Fire publicizing the Department's Junior Fire Academy. As outlined by Fire Fighter Spencer White, the three week-long summer sessions are free for boys and girls aged 13-15 who are Ventura County

residents and want to learn what it takes to be a part of the fire service. The academy creates a fun learning environment for students to experience the physical and mental rigors of the Fire Department's daily emergency operations. Training includes First Aid and Hands Only CPR, Structure and Wildland Fire Suppression, Rappel Operations, Confined Space awareness, Hand Tool usage and more. The camp also includes tours of fire stations, demonstrations by 911 dispatch, Air units, ambulance EMTs, rescue dog demonstrations and much more. For details go to [VCFD.org/junior-fire-academy](http://VCFD.org/junior-fire-academy).

CAPS Media manages two television channels and one radio station in Ventura providing public programming on television, radio and online streaming twenty-four hours a day, seven days a week on all distribution outlets.

CAPS' channel 6 presents programming created by and for the public including community information programs, faith-based services and more. CAPS manages and presents government meetings at City Hall including city council, design review, general plan advisory committee and planning commission on channel 15 which also features education and information programs including those by El Camino High School students.

To learn more about CAPS, visit [capsmedia.org](http://capsmedia.org). A video on the home page, CAPS Media City Council Presentation 2023, presents an overview of the organization.

# CALIFORNIA STRAWBERRY FESTIVAL

LIVE MUSIC! YUMMY TREATS! FAMILY FUN!

**MAY 20 & 21**  
10:00 AM - 6:30 PM  
VENTURA COUNTY FAIRGROUNDS

SKIP THE LINE! BUY TICKETS AT [CASTRAWBERRYFESTIVAL.ORG](http://CASTRAWBERRYFESTIVAL.ORG)



Balboa Middle School wins Program of the Year for outstanding Woodshop program.

## Ventura woodshop program takes home top award!

Balboa Middle School's Woodshop Program, under the direction and talent of Mr. Paul Fredette, was awarded the 2023 California Industrial and Technology Education Association (CITEA) Middle School Program of the Year award. Mr. Greg Hanger, CITEA President, presented Mr. Fredette with the award at the April 18, 2023 VUSD Board of Education meeting. The award is given to a program with outstanding curriculum design and integration, reflecting academic and technical content.

In addition, it shows strong connections to the community through local businesses, industries, and an advisory board.

"Mr. Fredette's woodshop program is where students build, create, and apply their academic skills in hands-on, relevant ways. Our students find success under Mr. Fredette's patience and kind guidance. One of the assignments given in woodshop is to show their projects to our administrative team. We marvel at the skill and attention our students

put into these projects, and the pride in their finished product is evident on their faces. Ventura Unified believes in this digital age, students working with their hands is critical to developing the whole child. We are extremely grateful for Mr. Fredette and his steadfast belief that the woodshop is a place where all students can succeed," stated Balboa Principal Claudia Caudill.

Mr. Fredette has been teaching since 1989. He taught two years in a rural school district in Wisconsin, one year in El Monte City School District, and the rest of the time at Ventura Unified School District. Two of his shop teachers strongly encouraged him to enter into the teaching profession. His philosophy on teaching is "Learn by doing." He believes hands-on classes like the one he teaches show students the content of the information that a teacher is trying to get across by having the student walk through the process.

Edison Electric Company, Ventura County Carving Club, Ventura County Woodturning Club, and the Model

Aviation Club are just a few of the groups who have joined his class to speak and mentor. Guest speakers have included engineers, welders, and retired shop teachers. He also meets with a group of Industrial Arts teachers from across the county/state via Zoom meetings to collaborate and exchange ideas for use in the classroom. The last workshop they participated in was on integrated construction methods.

"I feel blessed at having the job I have had for all these years. It has been very rewarding," stated Mr. Fredette. His students feel just as blessed.

"Mr. Fredette makes his classes very interactive and fun. He always has a joke and makes the classroom a healthy environment. He inspired me to pursue woodworking, and I know he will inspire many more students," said 8th-grade student Haley Jourdain.

"I like Mr. Fredette because when you need help, he helps you right away, and I also like it because we play games in his class to learn," said 6th grader Kendra Sullivan.



### Ventura Compressor Station Soil Remediation Project Update

We want to inform the community that SoCalGas will be performing soil remediation work within the Ventura Compressor Station. The remediation work entails the demolition of old buildings and removal of contaminated soil associated with historical industrial uses on the site.

The work is scheduled to begin May 1, 2023 and is expected to extend through July 31, 2023. All work will be performed by certified contractors and inspectors in accordance with applicable regulations.

The soil remediation work, while located at the compressor station, is a separate project from the proposed Ventura Compressor Modernization Project.

For details about the  
Soil Remediation Project, visit:  
[socialgas.com/VenturaSoilRem](https://socialgas.com/VenturaSoilRem)



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N23G032A



The Legacy Wall was created by Ventura metal artist Tyronne McGrath.

## Ventura Land Trust Hosts Legacy Wall Dedication Ceremony

Ventura Land Trust (VLT) held a special Legacy Wall dedication ceremony on Wednesday, April 19th at 9:00 am to commemorate donors who supported the Harmon Canyon Campaign for Harmon Canyon Preserve. The ceremony took place at the Harmon Canyon Preserve trailhead.

The \$10 million Harmon Canyon Campaign supported the establishment of Harmon Canyon Preserve, 2,123 acres of permanently conserved open space in Ventura, and a stewardship endowment

that allows Ventura Land Trust to care for the land in perpetuity.

The Legacy Wall, created by Ventura metal artist Tyronne McGrath, depicts plants and animals of the Ventura hillsides, and is crowned with commemorative leaves etched with the names of Harmon Canyon Campaign supporters.

Ventura Land Trust Executive Director Melissa Baffa spoke during the ceremony.

Harmon Canyon Preserve is located at 7511 Foothill Rd.





### On Vacation



Priscilla Holmes and Rob Schleaf of Ventura took the Aiguille du Midi cable car (and the Breeze) from Chamonix, France up to Mont Blanc at 12,605 feet.

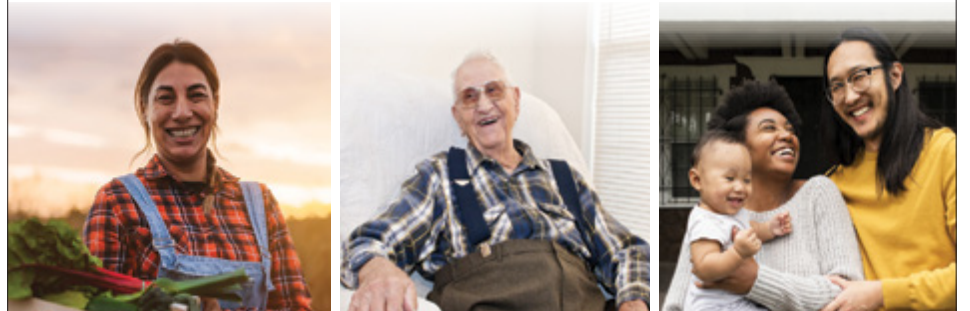
## COMPASSION Campaign 2023

brought to you by Housing Trust Fund Ventura County

# HOME MADE: FUND IT + BUILD IT + LIVE IT

THURSDAY, MAY 11, 2023 • 5:00PM - 9:00PM AT THE MUSEUM OF VENTURA COUNTY

Stroll through three powerful exhibits showcasing how safe, equitable, and affordable homes are funded, built and lived in within Ventura County.



This event is sure to sell-out! Get your tickets now at [www.housingtrustfundvc.org](http://www.housingtrustfundvc.org)



Thank you to our Keystone Sponsors:



## Spend Mother's Day overlooking the beautiful Ventura Harbor!!

# The Greek

MEDITERRANEAN STEAK & SEAFOOD

**Special Mother's Day Menu - Sunday May 14, Noon to 8 pm with Belly dance shows at 2 pm and 6 pm. Reservations highly recommended.**

**"The Greek After Dark" launches May 4 with reverse happy Hour 9:30 pm til 1:30 am Thursdays, Friday and Saturday. Food and drink specials, throwback to the 80s Music with state of the art Virtual DJ.**



**TheGreekVentura.com (805) 650-5350 for reservations.**



# MAY IS MUSIC MONTH AT RUBICON...

SAVE \$5 WITH CODE: BREEZE

## Up Close and Personal

WITH AMANDA MCBROOM



An intimate concert of stories and songs from the **GOLDEN GLOBE** Award-winning creator of "THE ROSE"

**ONE-NIGHT-ONLY!**  
SATURDAY  
**MAY 13**  
7 P.M.



## THE DRIFTERS AND CORNELL GUNTER'S COASTERS



Two legendary groups.  
One great show.  
It's not a concert...

**IT'S A PARTY!**

**5 SHOWS!**

FRIDAY, MAY 19 at 2 P.M. & 7 P.M.

SATURDAY, MAY 20 at 2 P.M., 5:30 P.M. & 8 P.M.

RUBICON THEATRE COMPANY

FOR TICKETS:  
**www.rubicontheatre.org**  
**805.667.2900**

SAVE \$5 WITH CODE: BREEZE

## Ventura events

by Ana Baker

**The Ventura Senior Men's Group continues to meet for a social lunch and program at the Poinsettia Pavilion in Ventura on the first and third Tuesday of each month.** Men of all descriptions are welcome to stop to sample our shenanigans. Lyle Hotzler at 805-341-9820

**Do you want a Play Bridge? Join us for ACBL-sanctioned duplicate bridge games. Every Tuesday, Wednesday, and Thursday at 12:30.** All levels of play, and we will guarantee to have a partner for you if you need one. Lessons are available. Contact: Richard 805-850-8011 or Rose 805-659-9223 or buckleyrose357@gmail.com. All Welcome.

**May 5: Join us for Toned, Tacos, & Tequila from 5 -8 p.m. Featuring a short workout hosted by Orange Theory at 5 p.m.,** followed by music, tacos, and margaritas in the clubhouse at 6 p.m. At Portside Ventura Harbor.

**May 6: Sespe Fly Fishers of Ventura will conduct our monthly "First Saturday" introductory Fly Rod Casting and Intro to Fly Fishing clinic.** There is no charge, and all are welcome. Whether you are an experienced fly fisher or a complete novice, we want to help you improve your casting. If you don't yet have a fly rod, don't worry; just come and use one of ours. Chumash Park, Petit, and Waco, 9-11 a.m., in East Ventura, off Telephone Rd. For everyone's safety, we ask all attending to please comply with any current recommendations by the Ventura County Health Department. Casting Program Coordinator Thomas Hall thomasfoleyhall@gmail.com (805) 377-5249 www.sespeflyfishers.org

**May 7: Old-Time Country Bluegrass Gospel Music Assoc. Sunday 2-4 p.m. at the Poinsettia Pavilion, 3451 Foothill Rd.** Live Music on stage. Jamming in the Canada Room. Free Admission. Free Parking. Open to the Public. For more information call 805-517-1131 or visit Facebook: OTCBGMA

**May 7: Five fabulous gardens. Since its inception in 1996 by a dedicated group of volunteers, the Garden Tour has become one of Camarillo's signature events.** Now in its 25th year, the tour blends various elements to create an enjoyable afternoon of creativity, fun, and friendship. In addition to five beautiful gardens, the tour features art exhibits and demonstrations, a boutique, a raffle, live music, and delicious refreshments. All proceeds from ticket sales help us provide free grief and bereavement counseling, support, and education to families and friends who are grieving the loss of a loved one. Visit www.lmvna.org/gardentour to purchase tickets.

**May 11: Friendship Connection 08, a group of retired ladies, will hold its annual membership drive at Community Church of Christ, 1848 Poli St., at 1 p.m.** Gary Stephens, National Park T, and an R guide will speak about Trails and Rails, an Amtrak trip along the coastline. Light refreshments will be served. Call 803-825-6969 for further information.

**May 14: Marguerite Hardeman Murals on Display at the Olivas Adobe, Mother's Day Sunday 11- 3 p.m., 4200 Olivas Park Drive.** Free. Sixteen of Hardeman's large murals will be displayed throughout the adobe courtyard and grounds. Costumed docents share the rich history of the murals and the rancho site. Visiting mothers will receive a corsage. www.cityofventura.ca.gov/OlivasAdobe For more information www.cityofventura.

ca.gov/OlivasAdobe Artist Bob Engels' drawings, engravings, and watercolors collection reflect his continuing interest in the natural environment. Meet Bob from 1- 3 p.m. and discover his inspiration. For more information www.cityofventura.ca.gov/OlivasAdobe

**May 16: Please join the Ventura Senior Men's Group (VSMG) on the first and third Tuesdays of each month at the Poinsettia Pavilion, 3451 Foothill Road.** All men age 55+ are welcome. All topics except religion or politics are on the table. 11:30-12 p.m. Social, 12-12:45 p.m. Lunch Food Affair by Stacy \$25 but free to first-time visitors. 12:45-1 p.m. Business meeting, 1-1:30 p.m. Speaker (local organizations and information) Need transportation? Call Lyle Hotzler 805-341-9820

**May 19: Movie Night Under the Stars, 5 -10 p.m. Join us for a thrilling car show at 5 p.m., followed by a screening of The Fast and the Furious at 7 p.m. under the stars!** Bring your chairs and enjoy complimentary popcorn. Don't miss out on this event at Portside Ventura Harbor. Snacks and drinks are available for purchase at Harbor Mart.

**May 20: The Tortilla Flats Legacy Committee will be having a social meeting at the Avenue Library, 606 North Ventura Avenue, at 12:30 p.m. We want to encourage community interest in the history of Tortilla Flats and west end Ventura.** We also hope to hear new stories and gather new photos for the archives. For information: Tortillflats.org Toni Baez: proudnana@sbcglobal.net (805) 889-7414 Moses Mora: (805) 509-7309

**May 21: Anyone interested in time-pieces, both antique and modern, can join the Ventura County chapter of the National Association of Watch and Clock Collectors for a watch/clock marketplace, lunch, and a presentation on a horological topic.** Bring a watch or clock for a free evaluation. 11am, Campus Student Center of Ventura College, 4667 Telegraph Road, Ventura. nawcc-ch190.com.

## "From the Avenue to The Channel Islands" Program

680 students from DATA Middle School will dive into outdoor recreation and ocean-related activities after months of environmental education with MERITO Foundation's "From the Avenue to The Channel Islands" Program

Last fall, the MERITO Foundation launched a new program in partnership with De Anza School of Technology & the Arts (DATA) Middle School, Ventura Unified School District, and the City of Ventura, titled "From the Avenue to The Channel Islands" (ATCI). The program gives students from DATA, many of who reside in the community of the Avenue, the opportunity to take part in outdoor recreation and environmental education in their local community and natural areas.

DATA students in the ATCI program have been learning about environmental, ocean and climate sciences, as well as participating in environmental restoration, exploration and monitoring. In addition,



this month all 680 DATA students will partake in an array of exciting outdoor recreation activities, such as kayaking, hiking, surfing, sailing, and camping. DATA science teachers enrolled in the ATCI program were given a variety of educational and recreational opportunities to choose from for their students based on specific grade levels.

The core focus of study for 6th graders in the program is watershed science. Last December, students biked from their school on the Avenue to the Ventura River estuary with our partners at Once Upon a Watershed where they learned the importance of keeping our watershed clean. Students also planted vegetables and native plants in their native habitat garden and harvested lettuce as part of the Garden Club. In May, they will be catching some waves, taking surfing lessons with Surf Class at Surfers Point.

7th grader ATCI participants are immersed in environmental and ocean science topics, such as urban runoff, coastal and island ecology. Students have had field experiences at the Ventura Water Reclamation Facility where they toured operations, performed water quality testing and monitored wetland birds.

The focus of education for 8th-grade students in the ATCI program is on ocean and climate topics such as ocean circulation, sea level rise and plankton ecology. On April 12th and 13th, they will board the Mystic Whaler, a 100' Tall Ship replica, where they will collect water samples, measure physical parameters, and identify plankton while learning the basics of sailing.

The pinnacle experience for all DATA students in the ATCI program will be 2 night/3 days camping trips to Santa Cruz Island! 220 students in grades 6 and 7 (accompanied by 30 chaperones) will camp, hike, kayak, and snorkel, all while learning more about the natural history of the Channel Islands National Park and National Marine Sanctuary. Approximately fifty 7th-grade students from DATA Middle School will partake in the trips scheduled for May 10th, June 5th, and June 7th.

The ATCI program also provides DATA students with leadership opportunities as "Youth Outdoor & Environmental Stewards". Currently, there are eleven youths chosen as stewards, who are providing 50 hours of community service. They support MERITO and partner organizations at outreach events, field experiences, and assist with the DATA Middle School leadership program. As stewards, they also have the opportunity to job shadow professionals at work with our partner organizations, including the Port of Hueneme, Ventura Water, and Buenaventura State Parks.

## Stamp Out Hunger Food drive

Saturday, May 13th marks the 31st anniversary of one of America's great days of giving – the National Association of Letter Carriers Stamp Out Hunger Food drive.

Letter carriers walk through the community every day, often coming face to face with a sad reality for too many, hunger.

So, each year on the second Saturday in May, letter carriers across the country collect non-perishable food donations from our customers. These donations go directly to local food pantries to provide food to people in Billings who need our help.

Over the course of its 30-year history, the drive has collected well over 1.82 billion pounds of food, thanks to a postal service universal delivery network that spans the entire nation, including Puerto Rico, Guam and U.S. Virgin Islands.

The need for food donations is great. Currently, more than 35 million Americans are unsure where their next meal is coming from. More than twelve million are children who feel hunger's impact on their overall health and ability to perform in school. And nearly 5.2 million seniors over age 60 are food insecure, with many who live on fixed incomes often too embarrassed to ask for help.

Food banks and pantries often receive the majority of their donations during the Thanksgiving and Christmas holiday seasons. By springtime, many pantries are depleted, entering the summer low on supplies at a time when many school breakfast and lunch programs are not available to children in need.

Participating in this year's Letter Carrier Stamp Out Hunger Food Drive is simple. Just leave a non-perishable food donation in a bag by your mailbox Saturday, May 18, 2023 and your letter carrier will do the rest. With your help, letter carriers and the US Postal Service have collected over 1.82 billion pounds of food in the United States over the 30 years as a national food drive. Please help us in our fight to end hunger, as we celebrate our 31st anniversary year in America's great day of giving.



"Much easier than flying and we even get snacks!"



These (and many other) plants are for sale at the Ventura Botanical Gardens. Located at 567 S. Poli St. behind Ventura City Hall. Photo by Patricia Schallert.

# STATE *of the* CITY

Presented by Mayor  
**Joe Schroeder**

## ADDRESS

SAVE THE DATE • THURSDAY, MAY 25, 2023

[Learn more: www.CityofVentura.ca.gov/SOTC](http://www.CityofVentura.ca.gov/SOTC)



by Pam Baumgardner  
VenturaRocks.com

As of press time, the 2023 Ventura County Fair had not announced their entertainment yet, but that doesn't mean there isn't entertainment to be had at the fairgrounds in the meantime. First off, Surfer's Point Live will host Boots & Brews in the parking lot with headliners Chris Young and Joe Nichols on Sunday May 7.

And then...Anderson .Paak announced on April 25 that .Paak House 23 will be held at the fairgrounds on Friday, May 12. Unless you've been living under a rock, .Paak, aka Brandon Paak Anderson, grew up in Oxnard and attended Foothill Technology High School. Two of his albums were named Oxnard and Ventura, both produced by Dr. Dre, the latter earned him a Grammy for Best R&B Album. The fact that .Paak could hold this event anywhere, but chose Ventura, speaks volumes about this talented homegrown artist. Find out more about .Paak House and the Brandon Anderson Foundation at PaakHouse.org.

The new season kicks off at Libbey Bowl with Beth Hart on Saturday, May 6 performing an intimate pared down show. Her back stories are entertaining enough, but I'm sure she'll be really putting it out there without a full band backing her up.

And speaking of Libbey Bowl, the Ojai Music Festival dates include several concerts at Libbey Bowl. The festival runs Thursday June 8 through Sunday, June 11, with Rhiannon Giddens, Music Director, at the helm. I noticed at least one event has already sold out, so don't wait until the last minute to try to snag a ticket. Find out more at OjaiFestival.org.

Bombay Bar and Grill will host a celebration of life in honor of Chris Husted who passed away last month. Chris was so a great guy, so well respected throughout the music scene. He had been doing sound on the road with Yachtley Crew recently. Friends will gather on Saturday May 13 from 2-8 with music from Shawn Jones, Guy Martin, Brion Shearer and more. 20% of the sales will go to the Chris Husted fund.

Quick Notes: Rey Fresco plays Tony's Pizzeria Thursday, May 4; The Knotty G's from South Carolina make a stop at Surfers Point Café on Sunday, May 7; there's a free show featuring Old-Timey Country Bluegrass at Poinsettia Pavilion on Sunday, May 7; an in store meet & greet with Ohgeesy will be held at Salzers on Wednesday, May 10; it's all about the punk rock on Friday, May 12 when Youth Brigade, Stalag 13, False Confession, The Afraid and Crucial Thought play the Oceanview Pavilion; Julie Christensen will perform an intimate show at the Ojai Underground on Saturday, May 13; and new dates added to the Ventura Music Hall calendar include Grateful Shred on June 15, Save Ferris on July 29, and Powerman 5000 on October 20.

Do you have any music-related news or upcoming shows you want help publicizing? Please send all information short or long to Pam@VenturaRocks.com, and

for updated music listings daily, go to [www.VenturaRocks.com](http://www.VenturaRocks.com).

## Music Calendar

For more listings, additional times and genres go to [VenturaRocks.com](http://VenturaRocks.com)

### Anna's Cider

**801 E. Main St., Santa Paula**

Sat 5/13: Van Allen Twins

### Black Angus

**4718 Telephone Rd., Ventura**

Fri 5/5: Déjà vu Too

### Boatyard Pub

**1583 Spinnaker Dr., Ventura**

Wednesdays: Frank Barajas

Thursdays: Jim Friery; Bluegrass Jam

Fri 5/5: Teresa Russell & Stephen Geyer

### Bombay Bar & Grill

**143 S. California St., Ventura**

Sat 5/13: Shawn Jones, Guy Martin, Brion Shearer

### Boots & Brews

**10 W. Harbor Blvd., Ventura**

Sun 5/7: Chris Young, Joe Nichols

### Cantara Cellars

**126 N. Wood Rd., Camarillo**

Fri 5/5: Caliente 805

Sat 5/6: Vanise Terry Band

Fri 5/12: The Raw Honey Band

Sat 5/13: Heart and Soul

### The Cave

**4435 McGrath St., Ventura**

Wed & Thurs: Bobby Apostol

Fri & Sat: Warren Takahashi

### Copa Cubana

**Ventura Harbor Village**

Tuesdays: Blues Tuesdays

Thursdays: Glenn Bennet

Sun 5/7: Heart and Soul

Sun 5/14: Freddie and Friends

### Copper Blues

**591 Collection Blvd., Oxnard**

Fri 5/12: Ignition

Sat 5/13: Pull the Trigger (11 am); Tone 6

Sun 5/14: Caliente 805

### Deer Lodge

**2261 Maricopa Hwy., Ojai**

Sat 5/6: TD Lind and the Aviators

### Four Brix

**2290 Eastman Ave., Ventura**

(Fridays 6-8:30; Sundays 1-3:30)

Fri 5/5: Inna Rude Mood

Sun 5/7: Strummed Down

### Garage

**1091 Scandia Ave., Ventura**

Fri 5/12: Sirsy

### Gigi's Cocktails

**2493 Grand Ave., Ventura**

Fri 5/5: Agonista, Rival Cults, Die Healing,

Plot, Neurotics

Sat 5/13: Kate Clover, Romper, Form Rank

### The Grape

**2733 E. Main St., Ventura**

Tues: The Gratitude Jazz Jam

Thurs Happy Hour: Tom Etchart & Friends

Friday Happy Hour: Fred Kaplan

Wed 5/3: Benny Benack III

Thurs 5/4: SicNarf

Fri 5/5: Ed Smith Group

Sat 5/6: Doug Webb Quartet (2 pm);

Phoenix Big Band

Wed 5/10: Fred Kaplan Quintet

Thurs 5/11: Sabine Pothier Trio

Fri 5/12: 6 Beats Apart

Sat 5/13: the BBB featuring Bernie Dresel

### The Greek

**1583 Spinnaker Dr., Ventura**

Fridays: Jim Seargeant

### Harbor Cove Café

**1867 Spinnaker Dr., Ventura**

Saturdays 10 am: The Cool Hand Ukes

### Institution Ale Company

**3841 Mission Oaks Blvd., Camarillo**

Sat 5/6: Katie Leigh, Thea the Band, Micah

Thurs 5/11: Whole Hog, Char Fiddle

### Keynote Lounge

**10245 Telephone Rd., Ventura**

Thursdays: Open Mic

Fri 5/5: 805 Social Club

Sat 5/6: Breaking Bored

Fri 5/12: Heart and Soul

Sat 5/13: Pull the Trigger

### Leashless Brewing

**585 E. Thompson Blvd., Ventura**

Fri 5/5: Freddie and Friends

Sat 5/6: Mike Scully

Sun 5/7: Kimo Moya

### Libbey Bowl

**210 S. Signal St., Ojai**

Sat 5/6: Beth Hart

Sun 5/7: Oingo Boingo former members

### The Lookout Bar and Grill

**2800 Harbor Blvd, Oxnard**

Wednesdays & Sundays: Gary Ballen

### Lucas Sellers Wine

**330 Zachary St., Moorpark**

Sat 5/6: Jayden Secor

Sat 5/13: Bill Rotella

### Madewest Brewing

**1744 Donlon St., Ventura**

Sun 5/7: The Screamers

### Majestic Ventura Theater

**26 S. Chestnut St., Ventura**

Fri 5/5: Ugly Kid Joe

Thurs 5/11: Lacuna Coil

Fri 5/12: Yachtley Crew

### Manhattan

**5800 Santa Rosa Rd., Camarillo**

Fri 5/5: Michael Falcone

Sat 5/6: Jeanne Tatum Trio

Fri 5/12: Tour Support

Sat 5/13: Jeanne Tatum Trio

Sun 5/14: Warren Takahashi

### Margarita Villa

**1567 Spinnaker Dr., Ventura**

Sat 5/6: Vinyl Gypsies

Sun 5/7: DRB

### Mrs. Olson's

**2800 Harbor Blvd., Oxnard**

Sat 5/6: Katie Shorey

Sun 5/7: Teresa Russell

### Namba Arts

**47 S. Oak St., Ventura**

Thurs 5/4: Ensemble Sangineto

Thurs 5/11: Halley Neal

Fri 5/12: Shawn Jones

Sat 5/13: Kelly's Lot

### Oceanview Pavilion Performing Arts Theater

**575 E. Surfside Dr., Port Hueneme**

Fri 5/12: Youth Brigade, Stalag 13, False

Confession, the Afraid, Crucial Thought

### Ojai Underground

**616 Pearl St., Ojai**

Sat 5/6: Luis Munoz

Sun 5/7: Alice Howe & Freebo

Fri 5/12: Jodi Siegel & Joey Delgado

Sat 5/13: Julie Christensen

### .Paak House 23

**10 W. Harbor Blvd., Ventura**

Fri 5/12: TBA

### Poinsettia Pavilion

**3451 Foothill Rd., Ventura**

Sun 5/7: Old-Time Country Bluegrass

### Poseidon Brewing

**5777 Olivas Park Dr., Ventura**

Fri 5/5: CocoKnots

### The Raven Tavern

**1651 S. Victoria Ave., Oxnard**

Fri 5/5: Vinyl Gypsies

Sat 5/6: Operation 90s

Sat 5/13: Teresa Russell

### Ric's Restaurant Sports Lounge

**2500 Las Posas Rd., Camarillo**

Tuesdays: Tour Support w/ Kurt & Bob

### Sam's Place

**308 E. Ojai Ave., Ojai**

Saturdays: Smitty and Julija and Friends

Fri 5/5: TD Lind & the Aviators

Fri 5/12: Jess Bush

### The Shores

**1031 Harbor Blvd., Oxnard**

Fri 5/5: Nuestro

Sat 5/6: Crosscut 805

Sun 5/7: Brandon Ragan Project

Fri 5/12: Jake McClelland (4 pm); Trigger

Sat 5/13: Electric Love-In

Sun 5/14: Doc Ventura

### The Six

**419 E. Main Street, Ventura**

Fri 5/5: The Bomb

### Strey Cellars

**951 N. Rice Ave., Oxnard**

Sat 5/13: Bar Fly

### Surfers Point Café

**204 E. Thompson Blvd., Ventura**

Sun 5/7: The Knotty G's

### Tony's Pizzeria

**186 E. Thompson Blvd., Ventura**

Thurs 5/4: Rey Fresco

Fri 5/5: Heart & Soul

Sun 5/14: House Arrest Band

### Taqueria Jalisco

**4275 Tierra Rejada Rd., Moorpark**

Tuesdays & Fridays: Jim Friery

### Topa Topa Brewing

**4880 Colt St., Ventura**

Sun 5/7: Katie Leigh, Thea, Micah Justice

### Topa Topa Brewing

**2024 Ventura Blvd., Camarillo**

Wed 5/10: Chris Murphy

Fri 5/12: Katie Shorey

### Vaquero y Mar

**435 E. Thompson Blvd., Ventura**

Sundays: Mariachi

Tuesdays: The Sea Hunter

Wednesdays: Tribal Me

Fri 5/12: Sick Boy, RAW, Psychotic Barnyard

### Ventura Music Hall

**1888 E. Thompson Blvd., Ventura**

Wed 5/3: Maoli

Thurs 5/4: Mariachi El Bronx

Fri 5/5: Violent Femmes (6 pm); Steve

Hofstetter (10 pm)

Sat 5/6: Violent Femmes

Sun 5/7: Poranguí

Thurs 5/11: Mad Caddies

Fri 5/12: Jackie Greene

Sun 5/14: Descendents

### Waterside Restaurant

**3500 Harbor Blvd., Oxnard**

Sat 5/6: Déjà vu Too

Sun 5/14: Teresa Russell

### Winchesters

**632 E. Main St., Ventura**

Music Thurs 5:30; Fri 7 pm; Sat 2 pm; Sun

3 pm

Thurs 5/4: Karen Eden & Billy Mac

Fri 5/5: Davey Miller Jazz

Sat 5/6: Mack & D

Sun 5/7: Debbie Davies

Thurs 5/11: Brandon Ragan

Fri 5/12: Teresa Russell

Sat 5/13: Frank Barajas

Sun 5/14: Johnny & the Love Handles

### 1901 Speakeasy

**740 S. B St., Oxnard**

Sat 5/6: RJ Mischo

Sat 5/13: Steve and Sally Williams



The wonderful ceramic art of **Michel Peterson** (who creates art under the name Michellino) can be admired at the Ventura Harbor Village. In late 2002, Petersen went to work on the 10-foot-tall ceramic sculpture *The Dead Fisherman's Memorial: An Ode to the Dead Seaman of Yesteryear*. "I intuitively felt that an archway would be appropriate -- a doorway, a passageway from one side to the other," Petersen stated. "We're remembering those who passed over." To read about her love affair with Santa Cruz Island go to page 8. Photos by Patricia Schallert.



Whitaker Peak Trail 3/23, oil on canvas, Robert Wassell

**Robert Wassell** will offer dozens of new views of Ventura County's back-country and offshore islands in a May 5-July 1 exhibition in Studio 99, Buenaventura Art Association's home at Bell Arts Factory, 432 N. Ventura Ave.

Receptions will be 6-9 p.m. May 5 and June 2, in conjunction with Ventura's First Friday gallery events. Studio 99's usual hours are noon-4 p.m. Fridays and Saturdays, but Wassell will host most weekend days during his show, providing many "meet the artist" chances and allowing the gallery to be open Thursdays through Sundays.

His website, [wassellart.com](http://wassellart.com), contains works going back to 2011.

Harbor Village Gallery & Gifts, at 1559 Spinnaker Drive, Suite 106, in Ventura Harbor, is open 11 a.m.-6 p.m. seven days a week.

For more about BAA and its programs, call the gallery at 805-648-1235 or visit [buenaventuraartassociation.org](http://buenaventuraartassociation.org).

## Ventura Pottery Gallery's 3rd Annual Mother's Day Market

Let us help you celebrate Mother's Day with a hand-crafted ceramic piece. The Ventura Pottery Gallery is hosting its 3rd Annual Mother's Day Market on Saturday, May 13 and Sunday, May 14 from 11 - 6 at the Ventura Harbor Village. Over 40 local artisans will be displaying work suitable for a queen, but not at royal prices. You'll find mugs, vases, hearts, bowls, wall hangings, jewelry holders, jewelry and much more will be displayed both inside and outside the Gallery.

From the loving hands of our makers to the person you love, giving handmade ceramics is a great way to express your feelings and show you care for quality and a timeless tradition. Please stop by to view our exhibit. The Ventura Harbor is a great place to celebrate Mom with a brunch, a stroll around the boats and a visit to our gallery where she can even pick out her own gift!

Exhibiting a vast variety of functional and sculptural ceramics, the Gallery is located at 1567 Spinnaker Drive, Suite 105 in the Ventura Harbor. The Gallery is open seven days a week from 11-6.

The Ventura County Potters' Guild, a non-profit, founded in 1957, continues its mission of promoting ceramic arts through the Gallery, workshops, and monthly meetings. The monthly meetings are open to the public and feature ceramic demonstrations or presentations. More information can be found [www.vcp.org](http://www.vcp.org). Can't make it to the Gallery? Please visit our Online Store at [www.venturapotteryonline.com](http://www.venturapotteryonline.com).



Ventura Art Scene



# Lighter Breeze

Dustin



Crock



Hagar the Horrible



Marvin



Mallard Fillmore



Beetle Bailey



Solutions on page 13

(For a beginners guide to playing Sudoku go to [venturabreeze.com](http://venturabreeze.com))

8		3				9		
		7			6			4
	5			2		7		
6		9			8			7
		1		5			3	
	4		2			6		
		2			9			5
1				3			2	
	9		4			1		

## Weekly SUDOKU

by Linda Thistle

Place a number in the empty boxes in such a way that each row across, each column down and each small 3x3 box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

Solutions on page 13

## King Crossword

ACROSS

- 1 Chanteuse Edith
- 5 Links org.
- 8 Tao
- 12 Kotb of "Today"
- 13 Filch
- 14 500 sheets
- 15 Rat- —
- 16 Fternally
- 18 Large gong
- 20 Try to hear better, maybe
- 21 Author Bagnold
- 23 Nabokov novel
- 24 Symbol of stability
- 28 La Scala solo
- 31 — tai (cocktail)
- 32 Van Cogh venue
- 34 Mafia boss
- 35 Hostels
- 37 Vespers
- 39 Secret agent
- 41 Ms. Brockovich
- 42 Ceremony
- 45 Slanted type
- 49 The whole crowd
- 51 Actress Fisher
- 52 Lure
- 53 Some coll. degrees

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16			17				
18				19			20					
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			39		40		41					
42	43				44		45			46	47	48
49						50				51		
52						53				54		
55						56				57		

- 54 Hidcaway
- 55 Curry and Landers
- 56 "Game, —, match!"
- 57 Dele undoer
- 8 Fleet
- 9 "Mona Lisa" painter
- 10 Rani's wrap
- 11 Portent
- 17 Stephen of "Still Crazy"
- 19 "Puppy Love" singer
- 22 Look (into)
- 24 Brit. record label
- 25 Moving vehicle
- 26 Genius
- 27 Most skeptical
- 29 Charged bit
- 30 "Life of Pi" director Lee
- 33 Tizzy
- 36 Gushes forth
- 38 Slowpokes
- 40 "Rah!"
- 42 Ms. McEntire
- 43 Infamous tsar
- 44 High tennis shots
- 46 Aspiring atty.'s exam
- 47 "Would — to you?"
- 48 Shopper's aid
- 50 Scot's refusal

DOWN

- 1 Excellent, in slang
- 2 Speck
- 3 Leading man?
- 4 Plump up
- 5 Opening night
- 6 State VIP
- 7 Genesis shepherd

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**LIBRA** (September 23 to October 22) A family matter could become more complicated and reach an apparent dead end. Don't give up on trying to find a solution. Work patiently with everyone involved.

**SCORPIO** (October 23 to November 21) You'll soon hear more about an offer that could change the direction of your career. Meanwhile, enjoy the newly positive on-the-job environment.

**SAGITTARIUS** (November 22 to December 21) Expect a favorable reply to a workplace request. On the home front, a full explanation helps you sort out a long-standing personal problem.

**CAPRICORN** (December 22 to January 19) A serious matter needs focused consideration. Watch that your sometimes capricious nature doesn't create any unnecessary distractions.

**AQUARIUS** (January 20 to February 18) You win added support for your determination to turn a bad situation into a good one. One new ally arrives from a most unexpected source.

**PISCES** (February 19 to March 20) Family and friends need to be told about a decision you want to make. Be prepared to offer a full explanation when asked. Hold nothing back.

**BORN THIS WEEK:** You can be a fighter and a lover. You are a natural leader with a strong sense of justice that makes people respect you.

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**ARIES** (March 21 to April 19) Changes in the workplace might be daunting for some, but you love challenges and will do just fine with this one. Remember to work with facts, not rumors.

**TAURUS** (April 20 to May 20) Just when you need some emotional reassurances, you find an almost-forgotten, friendly gesture repaid in the most wonderful way. More good news follows.

**GEMINI** (May 21 to June 20) You have a chance to restart a stalled personal relationship. Additionally, a workplace change bodes well for new opportunities, but you need more facts before you can act.

**CANCER** (June 21 to July 22) Talk to your longtime friends about why they're not in sync with your new pal. You might learn some startling facts. Also, a difficult workplace situation eases.

**LEO** (July 23 to August 22) What seems to be a golden opportunity is, naturally, attractive to Leos. But be careful that it's not just a lot of surface glitter. You need to ask more questions.

**VIRGO** (August 23 to September 22) There are still some issues with getting decisions made on your workplace project. Talk to a supervisor about ways to break the impasse.



## Show Time

A View from House Seats

# A Quick Refresher on Theater Etiquette

by Shirley Lorraine

Attending a live performance is different than attending a film where one can happily munch on popcorn and slurp a drink. In live theater other rules of conduct apply. Take note of individual theatres' rules. Some allow food and/or drink, some do not. Some allow only certain kinds of liquids, such as water. Patronize the snack bar but be mindful of the time constraint of the intermission.

As younger audiences are exposed to live theater, a few reminders on conduct prior to arrival may be in order. Even when attending a youth performance, show respect for the effort that has gone into putting the work on the stage. Applaud when appropriate. Refrain from screaming or yelling. (yes, you should be proud of your relatives and friends on stage, but a little restraint is appreciated by those around you. Be effusive after the performance.) Yelling out to specific actors is never acceptable except when attending a performance specifically designed for audience interaction. A melodrama, for example.

Becoming a role model for decorum and good manners helps everyone have an enjoyable experience.

Dress appropriately for the occasion. For an evening performance, use the opportunity to dress nicely. No torn jeans, shorts, or athletic wear. Matinees can be a bit more casual although looking nice is always appreciated. It shows respect. Me, I welcome an opportunity to dress up a bit. There are so few these days, it seems.

Arrive at the theater on time. (that means before the announced curtain

time.) Early is always better to minimize disruption to other attendees. Prepare. Visit the theater's website to make sure you have the correct curtain time and any other information that may be needed. Know before you go is always a good rule.

Visit the restroom before the performance begins, especially if there is no intermission. Unsure? Ask an usher.

Turn off cell phones and electronics for the duration. The audience is there to enjoy the show, not your personal conversations. Texting during a performance may be quiet, but the light from the phone is disruptive to others. Whatever it is, it can wait. If you are expecting an emergency or critical call, perhaps rescheduling your attendance is a good idea.

Be courteous to others. Wait your turn. No gum smacking, no talking during the performance.

Be aware that hats of any kind, and very tall hairdos, limit visibility for those seated behind you.

Keep personal belongings and obstacles (such as handbags, wraps, feet) close to you. Many performances may utilize the aisles, requiring a clear path. Each ticket entitles you to one seat and one seat only.

If you have special accommodation needs or questions, call the theater to let them know when you make your reservation. It is easier to make adjustments if circumstances are known in advance. Make attending the theater an event to remember with pleasure. I look forward to seeing you there!

send her to Vietnam to pose as a secret shopper to evaluate a Vietnam tour company Tourista was considering to acquire.

At the airport Amanda met Sinh Thach (Scott Ly) her tour guide from Saigon Silver Star and discovered that her luggage had been lost. Sinh told her not to worry because he knew a guy that knew a guy. She also met Sinh's cousin Anh who did the driving for Saigon Silver Star which was owned by her dad. Though Amanda was skeptical about Sinh's approach with her lost luggage, it did arrive a few hours later at the hotel where she met up with the rest of the tour group.

They all took a cyclo-tour through Ho Chi Minh City where Sinh told Amanda she needed to forget her guidebook and trust in what he wanted to share of Vietnam. Sinh said "A tourist wants to escape life, a traveler wants to experience it. You never know how long life's going to be why wasted it on escape spend it on experience instead." When Amanda replied that she was used to structure, Sinh showed her a somewhat hidden, beautifully illuminated part of the city and said "If you open yourself up to new possibilities you'd be surprised where life can take you."

When the wait was three hours for the Golden Hand Bridge, Sinh took the group to My Son Sanctuary, a place filled with ancient Hindu temples built over the course of thousands of years by the ancestors of the Cham people. The

Champa empire ruled part of Vietnam for many centuries and their kings built the temples to worship the deity Shiva, creating a secluded sanctuary which was so beautiful and majestic as well as a mystery as to how it was actually constructed.

Sinh's goal was to show visitors the best possible version of Vietnam and had ambitions to take over the business, not knowing that his uncle had been considering selling it to Tourista. Sinh wanted to challenge travelers perceptions and open them up to incredible unforgettable experiences, and Amanda was beginning to appreciate Sinh's unique approach to travel. She secretly told Mona to buy the company to protect it for Sinh's family.

Amanda's tour was during Tet, the most celebrated holiday in Vietnamese culture, so Sinh took the group shopping for new clothes for the celebration as was tradition. Then he took the entire group to Thong Chang, Sinh and Anh's family village which was in the beautiful remote Vietnamese countryside. They were greeted by Sinh's grandmother Ba Noi and other family members who also offered them all accommodations. Together they prepared a family feast for Tet and all together enjoyed the dinner and dancing for the holiday celebration.

The next stop on the tour was Hanoi to see the Thang Long Water Puppet Theater and pick up a guest that joined the tour late. To Amanda's surprise, the guest joining the group was John, her ex-boyfriend who had come to win her back which complicated the budding relationship she had with Sinh. Now Amanda was caught between having to choose someone familiar from her past

that offered stability, or take a chance with Sinh and a new life of experience in a foreign country.

Runtime: 1h 34m



## New Chief Curator

The Museum of Ventura County is pleased to announce the recent hiring of new Chief Curator, Carlos Ortega. Ortega brings two decades of museum experience to the Museum, where he will help connect the present and future through recognizing, exploring, and appreciating the past. Ortega officially started at the Museum of Ventura County on May 1st.

"Carlos brings broad multi-disciplinary experience to his role," says the MVC's Barbara Barnard Smith Executive Director Elena Brokaw. "The Museum's Board and I are excited to see his ideas come to life. As Chief Curator, Carlos will create thoughtfully curated exhibitions that reflect our community's rich and diverse cultural history."

Carlos Ortega has built an impressive 20 year career working in collections and curation for various Southern California museums.

Streaming Spotlight by Cindy Summers

## A Tourist's Guide to Love

- Netflix



Breeze rating from 1 to 4 palm trees, 4 being best.

In "A Tourist's Guide to Love" Amanda Riley (Rachael Leigh Cook) worked as a travel executive for Tourista World Travel, and though Vietnam was in the list of top ten dream vacations, Tourista did not yet have a travel group to work with for travel to Vietnam. Amanda had a great relationship with her boss Mona (Missi Pyle) who was very supportive of her career as well as her five year relationship with her boyfriend John. So when John called Mona to arrange for Amanda to get off work early, Mona hinted that it could be nothing but a marriage proposal.

Mona's assumption could not have been more wrong, as John actually got a job in a different state and wanted to put their relationship on "hiatus", but Amanda was not willing to put her life on hold. Upon hearing this, Mona figured the best thing Amanda could do was to get away, so they agreed to

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